21-DAY SHRED

TURN A 21-DAY JUMPSTART INTO A HEALTHY LIFESTYLE!

SkinnyMom.com creator,
BROOKE GRIFFIN

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21-DAY SHRED: INTRODUCTION

CONGRATULATIONS!

You've taken the first step to dropping the unwanted pounds, toning up and having more energy and confidence than ever before! You've committed to 21 days of lightened-up eating, 21 days of results-driven workouts and 21 days of proving to yourself that you have what it takes to see the results you've always wanted. **WELCOME to Skinny Mom's 21-Day Shred!**

The 21-Day Shred is the Ultimate Jumpstart

We know how hard it is to commit to healthy eating and working out, let alone put the plan in place to be able to do so. Girl, we hear ya and we've got your back! We've done all the planning for you. Gone are the days where guesswork and confusion lead to bad decisions. As long as you stay committed, you will succeed on this plan!

Let Us Explain

With the 21-Day Shred, you get access to:

- An all-inclusive 21-day meal plan (full recipes for breakfast, two snacks, lunch, dinner)
- 21 days of workouts (workouts include videos that can be done at home, and rest days are included)
- Weekly grocery list
- Approved pre-workout meals
- Approved convenience and anytime foods
- Private community for Shred support and online coaching from the Skinny Mom team
- Meal prep (Power Planning Sunday) checklists
- Accountability charts to stay on track
- Maintenance plan

We'll go into a little more detail before jumping in to Day 1, but let us share a few Skinny Mom Shred values with you.

Here's How We Feel About Food

This diet follows a daily caloric range of 1,200-1,300 (calculated for SkinnyMom.com by Registered Dietitian, Jessica Penner of SmartNutrition) for weight loss. With any diet, you have to be comfortable feeling a little uncomfortable, so don't be afraid to feel a smidge hungry…especially at the beginning. Depending on your typical daily food consumption, it may take your body some time to adjust. However, if hunger pangs are keeping you up at night or you have zero energy, please see **Approved Anytime Foods** on page 12.

We know that some of you need more calories to fuel your workouts. To ensure you have enough energy from your food to rock every Shred fitness video, please see **Pre-Workout Meal Options** on page 13. These should be eaten 30-60 minutes prior to your workout.

Many of the Pre-Workout Meal Options are smoothies requiring protein powder. We suggest these drinks as a supplement to your diet to help you build lean muscle, aid in recovery after a workout and keep you from experiencing annoying hunger pangs. Don't have a go-to powder? We recommend that you give Skinny Mom® Protein Powder a try! It's under 90 calories and includes goodfor-you ingredients to help you meet your goals.

We're big believers that "fresh is best." However, we know "all fresh, all the time" can cost extra and take more time in your meal prep. So in this plan, we do have packaged, canned and frozen items in our recipes. If you would rather eat clean, you can swap any packaged, canned or frozen item for fresh, just be sure to adjust the grocery list.

With that being said, we also have a list of approved **Convenience Foods** on page 12 for the days you don't have enough leftovers or enough time. We strongly advise you to follow the plan as much as possible for optimal weight loss, however, when you have to pop something in the microwave, choose from this list.

To avoid frequenting this Convenience Foods list, get in the habit of planning. Power Planning Sundays are your new super power. If you fail to plan, you plan to fail. When you commit to the Shred (or any diet for that matter), you must commit to planning. We've built the plan, the lists, calculated calories, and we will support you through our community, but the weekly meal prep and planning is your most important responsibility in order to succeed. Find more info on **Power Planning Sundays** on page 3.

Here's How We Feel About Fitness

The Shred is meant to challenge you and that's exactly what these workouts will do. However, any fitness level — beginner to advanced — will benefit from our routines. The fitness plan combines cardio, strength training and yoga for 5-6 days a week to reach optimal weight loss in 21 days. All workouts have video and can be done at home with minimal equipment. These routines are 35-60 minutes, however, you can adjust the intensity and the time based on your fitness level. Get ready to work, girl!

Do you take fitness classes? Great! Don't stop! We encourage you to have a balance of cardio, strength training and some type of yoga/Pilates/stretching, so taking classes in lieu of the suggested Skinny Mom Shred workout videos during your 21 days is fine, but not a must.

21-DAY SHRED: INTRODUCTION

Don't be discouraged if your home isn't stocked with fitness equipment. Here are the basics we'd like you to have for the Shred.

- Light (1-3 lbs) and heavy (5-12 lbs) set of dumbbells
- Resistance band
- Stability Ball

Our videos use more equipment, but we have provided substitutions you'll likely have around your house, like a pillow instead of a squishy ball.

Finally, if you can't finish the whole workout, do not give up! You'll see improvement every time and by week 3, you'll be shocked at how much progress you've made. Hey, you may even start looking forward to your workouts!

Here's How Much We Want You To Succeed

All Shred members can join the private ("closed") Skinny Mom Community on Facebook. A closed group is one that is searchable, so that you can find the group and see who is involved, but people outside of the group can't see any content until they have been added, meaning, you can talk freely with other Shred participants about your goals and motivation, your struggles, etc. This is your space to ask questions, get feedback, share ideas and encouragement from other Skinny Mom Community members and receive coaching help from the Skinny Mom team. We can't wait to have you join this incredible community! Click here to join the group.

Post 21-Day Shred Maintenance Plan

A Maintenance Plan that includes food guidelines and helpful tips/resources to help you continue shedding weight or to maintain the weight you lost during the 21 days. This resource, along with the knowledge you gained during the 21-Day Shred, will help you maintain this style of eating and working out as a healthy lifestyle. Gone are the days where you sacrifice taste for lightened-up meals or eat a completely separate meal plan than your family. You're creating a lifestyle, not a quick fix.

Join the Community and the Conversation!

Follow us on Instagram @womanistawellness.
We love seeing your pictures! Use the hashtag **#skinnymomshred** and don't forget to tag us **@womanistawellness**.

Like us on Facebook @womanistawellness and join the Skinny Mom Community Facebook group.
You don't want to miss out on this community support from other Shred participants and coaching from the Skinny Mom team! Click here to join the group.

21-DAY SHRED: HELPFUL TIPS + FAQS

Q: Do I really need a weekly prep day to lose weight?
A: Yes, yes and yes. Power Planning Sundays (PPS) are our jam at Skinny Mom. This is a concept our CEO and creator Brooke Griffin implements in her meal planning every week and is one of the tools for which she credits her weight loss and maintenance. Without a solid plan, it's easy to fall into negative patterns such as binge eating, poor snacking, emotional eating, giving up on workouts and thinking negatively about yourself and your body. Planning your week gives you the power and ability to make healthy decisions, set aside time to work out and gain control of each day.

Q: What do I do on Power Planning Sundays (PPS)?
A: Follow weekly PPS Checklists on pages 15, 30, and 46. These guides will tell you exactly what to do to get your snacks and meals prepared as much as possible for the week ahead.

Get to know the plan:
- Explore 7 days at a time. Mark items off you are allergic to or do not want. Adjust your grocery list.
- Dinners on this plan feed 4 or more (serving size is always indicated) and breakfasts and snacks serve 1. If you need to adjust the serving size for your family's supper, be sure you make the adjustments on the grocery list as well so you don't under- or over-buy.

Hit the Grocery:
- Take stock of your pantry and refrigerator items before you hit the grocery store so you don't spend money on an item you already have. Check expiration dates!
- Purge your pantry of unhealthy items so you aren't tempted these next 21 days.
- Do you have storage containers? Resealable bags? A lunch bag? Pick up at the grocery if needed.

Get Busy in the Kitchen:
- Start creating extra time in your busy Monday-Friday by preparing as many meals as you can on Sunday (or whatever day of the week you choose as your prep day).
- You can freeze the protein (fish, chicken, beef, etc.) you aren't using until later in the week to ensure proper food safety.

Q: What is the best way to measure portion sizes?
A: If you don't have a food scale at home, there are simple ways to measure appropriate portions using your hands. Lacking portion control is one of the top reasons why so many struggle with weight, so be sure to use a scale or these tips to consume the healthy portions outlined in this plan.
- **Lean proteins:** size of the palm of your hand and the thickness of a deck of cards
- **Complex carbs:** size of your clenched fist (whole grains, vegetables, nuts, seeds and legumes)
- **Veggies:** you can eat as many veggies from the **Anytime List** on page 12 as you like
- **Fruits:** size of your clenched fist
- **Healthy fats:** size of your thumb
- **Condiments, dressings, sauces:** size of your pointer and middle finger, from the base up

Q: Do I have to start on a Monday?
A: No, you do not have to start your Shred on a Monday and you don't have to meal prep on a Sunday. That's what we have found works for the majority, but choose what works best for you! We do recommend keeping your prep days as consistent as possible so it becomes a healthy habit.

Q: Why is it recommended that I drink at least 1/2 gallon (8, 8-ounce glasses) of water per day?
A: Staying hydrated on the Shred is a must! Here's why:
- Flushes toxins
- Boosts immune system
- Keeps you feeling full and promotes weight loss
- Aids digestion and maintains regularity
- Increases energy and relieves fatigue
- Prevents muscle cramps and sprain

Q: What else can I drink?
- 1-2 cups of black coffee (with no more than 3 drops or 1 packet (2 teaspoons) of no-calorie sweetener per cup)
- Sparkling water
- Sugar-free tea
- Vitamin Water Zero (or equivalent: 0 sugar, 0 calories)
- No alcohol (remember, it's only 21 days!)
- Skinny Mom Detox Water (see page 64 for recipe)

Q: Do I get more food if I work out?
A: If you're used to adding an extra meal or shake to fuel your workout, we have you covered in our **Pre-Workout Meal Options** on page 13. If you aren't used to adding a pre-workout snack and you are lacking energy during your workout, try adding one of these items to your plan 30-60 minutes before your workout.

21-DAY SHRED: HELPFUL TIPS + FAQS

Q: What if I don't like one of the recommended meals or snacks?
A: No problem! Swap out a snack for another snack on the plan, a dinner for another dinner on the plan, a lunch for another lunch… you get the idea. We provided a **Convenience Foods** list on page 12 you can choose from sparingly to swap meals you do not like or meals you do not have time to prepare. While all of the recipes you will find on SkinnyMom.com are lightened-up, ALL may not be applicable for the guidelines of the 21-Day Shred.

Q: Do I have to work out on the Shred?
A: We can't make you do anything, but we sure hope you work out on the Shred! If you're looking for optimal results, you'll definitely want to follow the workout plan in this program. It's only 3 weeks, you can do it! Adjust the workouts to meet your fitness level and always consult a physician before starting any new type of fitness program.

Q: Are there reward meals?
A: You are shreddin', girl! No reward or cheat meals for 21 days. The food on this plan is so good, you won't even need it. Trust us!

Q: What do I do if I'm dining out?
A: First of all, don't let dining out stress you out! It will not ruin your plan…unless you let it! Stick to these tips:

- Choose 4 ounces of the leanest protein choices (boneless, skinless chicken breast; fish; or lean cuts of beef and pork).
- Choose chicken breasts (white meat) over chicken thighs (dark meat).
- Skip starchy carbohydrates (mashed potatoes, white rice, pasta) and opt for double veggies instead.
- Look for foods that are steamed, broiled, baked or grilled and eliminate fried and sautéed items or foods described as "crispy," "rich" or "au gratin."
- If you're really "in it to win it," order your meal dry (no oil, no butter).
- When in doubt, choose lean, skinless chicken or grilled fish with salad greens or steamed vegetables, which you can find almost anywhere.
- Drink at least 1 glass of water before your meal hits the table.
- Just say no to the bread basket — don't even let your server bring it to the table.
- Look up the menu online before you arrive at the restaurant so you can plan your order in advance. This helps you avoid making a poor, impulsive decision!

Q: How do I feed my family on the Shred?

A: Breakfasts, snacks and lunches serve one (you!), and suppers serve 4 or more. Many of the suppers that serve more than 4 have leftovers for lunch the next day (labeled with an L; see icon to the left). If your family is 4 or larger and you don't have leftovers from those suppers, prep another lunch option from the plan or choose from the **Convenience Foods** on page 12.

Q: Can my husband join me in the Shred?
A: That's so great your hubby wants to follow the plan with you! Shred meals are pretty balanced, however, 1,200-1,300 calories for most men is pretty low, so we recommend increasing his portion at dinner or adding another 200-300 calorie snack throughout the day. Plus, if he is active in his job or he is working out, he will more than likely need to add more calories than that. There is a **Before + After Measurement Chart** for men on page 11 if your significant other is joining you! If you or your husband have more questions about this, please email community@skinnymom.com.

Q: How much will I spend on groceries?
A: Cost of groceries will depend on how many people in your family are eating on the plan, as well as how many of the Shred foods you already have stocked in your pantry/fridge. We have a good amount of lean meats and fresh produce on this plan, but you can double up on some of the same recipes (instead of eating a new supper every night) to lower your bill or make some of the suppers meatless. We have leftovers for lunches and some packaged/canned/frozen items instead of fresh to keep the grocery bill affordable.

Q: Why isn't there fruit on the Anytime Foods list?
A: The Shred has plenty of fruit on the plan. Fruit is high in a sugar known as fructose. Even though the sugar is coming from this healthy source, you still have to consume in moderation. Anything outside of the recommended amount of fruit (2-3 servings per day) is excess sugar.

Q: What if I'm not hungry for my snack or meal?
A: If you're not hungry, you can skip your snack or eat it later in the day when it best fits with your schedule, but make certain to eat it at some point during the day as you need those calories to sustain your energy levels and fuel your workouts.

Q: Should I eat breakfast before my morning workout?
A: We recommend eating a banana or boiled egg about 30 minutes before your morning workout for some additional fuel to get you through your routine. Depending on the intensity of your workout, you may need a little something more. However, eating too much before an intense workout can make you feel nauseous, so pay attention to how you're feeling and make adjustments within that first week. After your workout, eat your planned breakfast within 30 minutes to replenish your energy stores.

21-DAY SHRED: HELPFUL TIPS + FAQS

Q: Quest Bars aren't my favorite. What other prepackaged bars can I eat instead?
A: If Quest Bars aren't your thing, there are other options out there. Here are some simple guidelines to follow when selecting a snack or nutrition bar.

- **Calories:** 200 (or under)
- **Fat:** 5g (or under)
- **Net Carbs:** 10g (or under)*
- **Protein:** at least 5g
- **Sugar:** 8g (or under)

**Net Carbs are important here. Carbs minus fiber will give you "Net Carbs." So Quest bars have 20 grams of carbohydrates but it also has 14 grams of fiber. So your net Carbs (carbs absorbed by the body) are only 6 grams.*

Q: What kind of protein powder should I get?
A: We were asked this question so many times, we got inspired to create the best protein powder on the market for our shredders! Skinny Mom Protein Powder is a smart, fueling addition to the protein recipes in the program and it'll help you build strong, lean muscles. Each serving is under 90 calories and the decadent taste is unmatched; it's like a treat with every sip! Skinny Mom Protein Powder is also formulated to bake flawlessly, so it's also used in some pancake recipes on the plan. You can purchase Skinny Mom® Protein Powder by visiting: http://www.skinnymom.com/protein-powder/!

Q: Do I have to take before measurements/a before photo?
A: Be BRAVE! You should definitely take a before photo and before measurements. Here's why:

- Measurements will show inches lost and that incredible success is often not shown by the number on the scale.
- Use your before photo as motivation to keep going and your after photo to celebrate a job well done!
- You can keep these photos private or share them in the private community to encourage others and hold yourself accountable.
- Take a look at some of our amazing before and after photos from our shredders here.

Q: Should I weigh myself?
A: We recommend weighing yourself once before the 21-Day Shred begins and once after your 21 days are complete. To ensure accurate measurements, be sure to wear as little clothing as possible. Or, if you are wearing clothing, wear the same thing during both weigh-ins. The best time to weigh yourself is first thing in the morning before eating or drinking anything. We do not recommend multiple weigh-ins throughout the Shred because:

- The scale does not always give appropriate measures of success. You will gain some muscle during the next 21 days. A pound of fat and a pound of muscle weigh the same, but a pound of muscle occupies less space than a pound of fat — so you could be losing inches while the scale won't budge!
- While toning up and gaining muscle is a GREAT success, we don't want you to see a number on the scale that actually discourages you and makes you think you're seeing the opposite effect. Weighing yourself at different times of day will vary the number on the scale as well, giving you inaccurate and inconsistent results.
- How your clothes fit and your measurements will deliver more accurate before/after results, so keep the scale weigh-ins at a minimum.

Q: How many times can I repeat the 21-Day Shred?
A: You can repeat the 21-Day Shred as many times as you'd like! Be mindful of how your body and energy levels are reacting to the 21-day rounds, and make adjustments if necessary. If you have questions, please email community@skinnymom.com.

In between 21-day rounds, we recommend having a cheat meal. Not a cheat day, but a cheat meal. We have a Maintenance Plan available on page 61 to follow after the Shred to sustain the weight loss or to continue losing weight. If you're enjoying multiple rounds of the 21-Day Shred, feel free to add in suppers from the Maintenance Plan to keep the plan fresh.

Q: Do I have to participate in the suggested Social Media Check-Ins (page 8) and/or the private online community?
A: It's not mandatory that you participate in the social media check-ins or the online community, however, you'll seriously miss out if you don't! We highly recommend joining in on the social media fun for a few reasons:

- **Encouragement:** Who doesn't want daily encouragement to stay motivated to reach your goals?!
- **Accountability:** Because going at it alone is super tough.
- **Knowledge:** Get your questions answered by fellow Shred participants and learn fit tips to help along the way!
- **Opportunity:** Who doesn't want to meet like-minded friends online or even in their area? Hello, new workout buddies!

21-DAY SHRED: ITEMS FOR SUCCESS

Although these supplies aren't totally necessary, it's helpful to have as many of these as possible to ensure weight loss on the 21-Day Shred!

BINDER, DIVIDERS + 3-HOLE PUNCH

These items will help you stay organized! Keep everything in one place so you can reference the 21-Day Shred easily.

MEASURING TAPE

A measuring tape will come in handy when you are taking measurements on Day 1 and Day 21 to measure weight loss or transformation!

SCALE

You will want to weigh yourself on Day 1 and Day 21 to measure your weight loss or transformation!

CAMERA OR SMARTPHONE

To take your before and after photos.

WATER BOTTLE

Hydrate — take your waterbottle everywhere! You will want to drink eight, 8-ounce glasses each day.

STORAGE CONTAINERS + RESEALABLE BAGS

These containers are a must for Power Planning Sundays! They assist in portion control and organization.

MARKERS + MASKING TAPE

Labeling specific days on your prepped meals is key for Power Planning Sundays.

INSULATED LUNCH BAG OR SMALL COOLER

Insulated lunch bags make it easy to take your snacks and meals anywhere!

MULTIVITAMINS

Make sure you are getting all of your vitamins and minerals to increase your energy, overall health and well-being.

PROTEIN POWDER

All of the smoothies in the 21-Day Shred require protein powder. You can purchase Skinny Mom® Protein Powder in Milk Chocolate and Vanilla Bean here: http://www.skinnymom.com/protein-powder/.

MY GOALS

Never give up on what you want to do. Use this GOAL sheet to keep you focused on your goals. Don't skip this section — this is very important that you write this out! Print this sheet and look at it daily to stay motivated and remember why you started the Shred in the first place.

My main focus for the 21-Day Shred is:

_____
_____
_____
_____

I want to feel more:

_____
_____
_____

I want to feel less:

_____
_____
_____

My motivation is:

_____
_____
_____

What is one physical change you want to see?

_____
_____

What are your usual setbacks? How will you combat them?

_____
_____
_____

How will you reward yourself when you achieve your goals?

_____
_____
_____

My biggest supporter will be _____ , because:

_____
_____
_____

I am thankful for:

_____
_____
_____

21-DAY SHRED: SOCIAL MEDIA CHALLENGE

Share a photo on Instagram each day during the 21-Day Shred to show how you're rocking this lifestyle! Use **#skinnymomshred** on each post and tag your trainer **@brookejgriffin** so we can get shredded together.

DAY	SOCIAL MEDIA TASK	COMPLETED
01	Let's get shredded! Take a pic of your Shred packet.	☐ I DID IT!
02	Drink up: Show off your water bottle!	☐ I DID IT!
03	Good eats: Post a pic of your favorite meal today.	☐ I DID IT!
04	Walk it out. Let's see those gym shoes!	☐ I DID IT!
05	Laugh a little! Share a funny fitness quote.	☐ I DID IT!
06	Share your spark. Who/what motivates you to be healthy?	☐ I DID IT!
07	It's Power Planning Sunday! What's meal prep look like?	☐ I DID IT!
08	And I quote: Share your favorite motivational quote!	☐ I DID IT!
09	Cut the crap: What food are you giving up for good?	☐ I DID IT!
10	You're a peach! Show off today's smoothie.	☐ I DID IT!
11	Post a pic of your equipment today, even substitutions!	☐ I DID IT!
12	Look in the mirror. What are your goals?	☐ I DID IT!
13	Fit for a queen: Show off your breakfast.	☐ I DID IT!
14	What does your Power Planning Sunday look like?	☐ I DID IT!
15	Snack attack: Share your favorite Shred snack!	☐ I DID IT!
16	This is easy! Show your Overnight Oats prep.	☐ I DID IT!
17	Workout or rest? What'd you do today?	☐ I DID IT!
18	Where'd you rock your workout today?	☐ I DID IT!
19	Lookin' good! Show off today's fitness outfit.	☐ I DID IT!
20	My must-have: What's your favorite fitness accessory?	☐ I DID IT!
21	You did it! Post a celebratory selfie!	☐ I DID IT!

21-DAY SHRED: HOW TO TAKE MEASUREMENTS

One great way to track your progress is to take measurements and before and after photos! As much as you might hate the thought of taking your picture or wrapping a measuring tape around your body, the differences you'll see in the next 3 weeks will motivate you! Additionally, taking your measurements can help reassure you that things are happening — even if you're not seeing movement on the scale. We have even provided you with an easy, printable **Before + After Measurement Worksheet** on page 10 (if you're significant other is joining you on the 21-Day Shred, we also provided a male version of the **Before + After Measurement Worksheet on** page 11) to easily record your information. So grab a tape measure and your camera and let's get started!

Neck:
Starting at the center of your neck, wrap the measuring tape around your neck to meet in the center again.

Bust:
Standing straight up, wrap the measuring tape around your back and across the fullest part of your breasts at nipple height. Pull the measuring tape as tight as you can without changing the shape of your breasts. If things start to squish, you've gone too far.

Arms:
Measure your bicep by wrapping the measuring tape at the point halfway between your elbow and your armpit. Keep your arm relaxed to get a measurement of the arm in a natural state. Measure each bicep and record the numbers separately.

Waist:
Wrap the measuring tape around your mid-section at the smallest part of your natural waist. It should wrap flat around your back and meet 1/2 inch to 1 inch above your belly button.

Hips:
Measure your hips by placing the measuring tape right above the pubic bone at hip level. Wrap the tape around your bottom so you are measuring the widest area of the hips.

Thighs:
Wrap the measuring tape around your thigh at the thickest area of the muscle. Measure each thigh and record the numbers separately.

Calves:
Measure your calf muscle by wrapping the measuring tape around the thickest area of the muscle. Measure each calf and record the numbers separately.

TAKING BEFORE + AFTER PHOTOS TIPS:

- Wear something that shows your body. For instance, a bikini or a sports bra and shorts.
- Make certain to take a full body shot in portrait mode.
- Stand facing the camera, feet hip-width apart, hands resting at sides (don't suck it in!).
- Make sure to pick a spot that is uncluttered and has enough lighting. Take your before and after shots in the exact same spot.
- If you'd like, take a side view and back view.

21-DAY SHRED: BEFORE + AFTER MEASUREMENT WORKSHEET: FEMALE

Name: _____ Start Date: _____ Start Weight: _____ End Date: _____ End Weight: _____

DAY 1:

Neck _____

Bust _____

Arms

Right _____

Left _____

Waist _____

Hips _____

Thighs

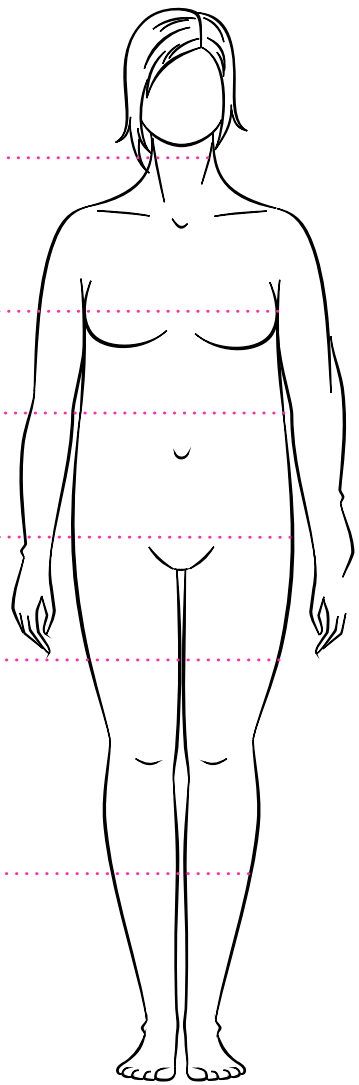
Right _____

Left _____

Calves

Right _____

Left _____



DAY 21:

Neck _____

Bust _____

Arms

Right _____

Left _____

Waist _____

Hips _____

Thighs

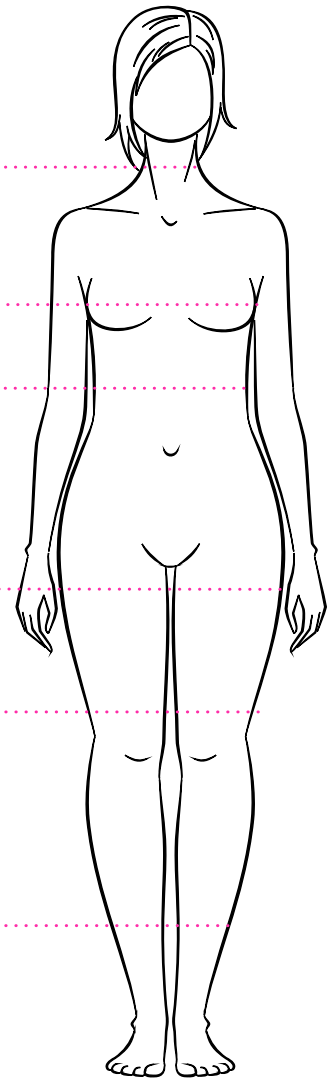
Right _____

Left _____

Calves

Right _____

Left _____



21-DAY SHRED: BEFORE + AFTER MEASUREMENT WORKSHEET: MALE

Name: _____ Start Date: _____ Start Weight: _____ End Date: _____ End Weight: _____

DAY 1:

Neck _____

Chest _____

Arms

Right _____

Left _____

Waist _____

Hips _____

Thighs

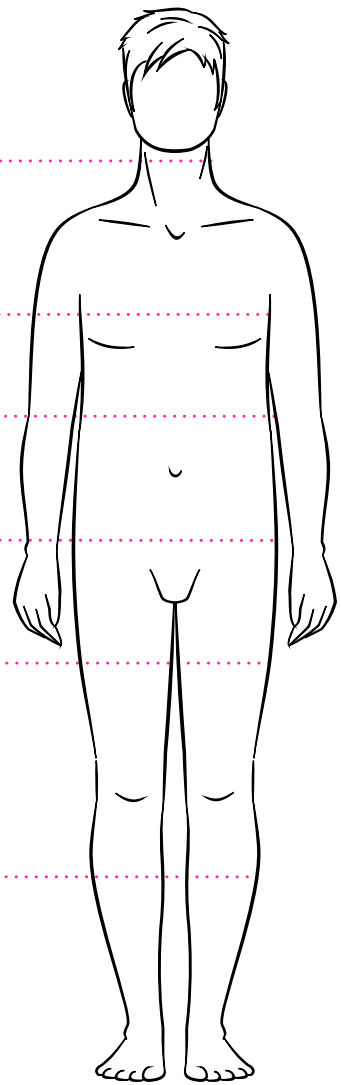
Right _____

Left _____

Calves

Right _____

Left _____



DAY 21:

Neck _____

Chest _____

Arms

Right _____

Left _____

Waist _____

Hips _____

Thighs

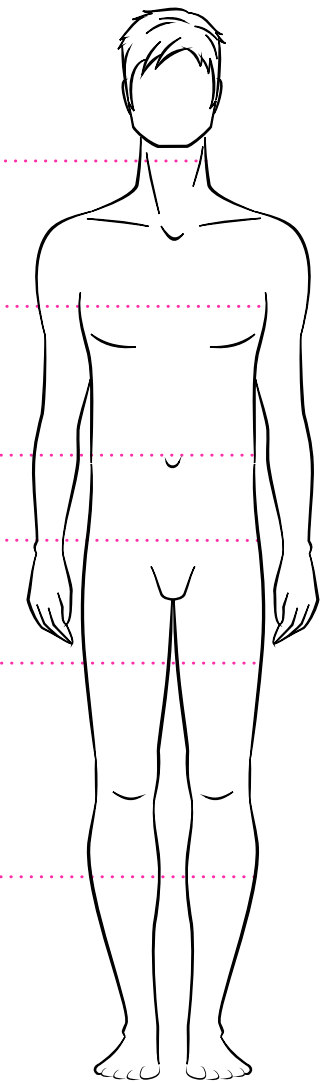
Right _____

Left _____

Calves

Right _____

Left _____



21-DAY SHRED: CONVENIENCE + ANYTIME FOODS

CONVENIENCE FOODS:

The following is a list of pre-made frozen meals that you may substitute as a breakfast, lunch, or dinner if necessary. They are intended to be a convenient option for you ONLY if something comes up and you are unable to prepare your meals. We highly recommend sticking to the plan as much as possible for optimal results. Please note: If a lunch calls for leftovers from a previous night's dinner and you don't have any leftovers, choose a convenience meal or another lunch recipe from a previous day.

Convenience Breakfast Options:

- Amy's® Tofu Scramble with Hashbrowns and Veggies
- Amy's® Breakfast Scramble Wrap
- Evol® Lean & Fit: Chicken Apple Sausage, Egg White & Cheddar Breakfast Sandwich
- Evol® Lean & Fit: Egg White, Kale, Roasted Tomato & Goat Cheese
- Evol® Lean & Fit: Chicken Apple Sausage, Egg, Smoked Gouda, Caramelized Onion & Roasted Potato
- Evol® Lean & Fit: Egg White, Spinach, Roasted Tomato, Potato & Cheddar
- Jimmy Dean® Delights Turkey Sausage, Egg & Cheese Honey Wheat Flatbread
- Jimmy Dean® Delights Garden Blend Breakfast Bowl
- 2 Kashi® 7 Grain Waffles with 2 tablespoons Sugar-Free Maple Syrup
- Kashi® GO LEAN® Heart to Heart Hot Cereals
- 2 Vitalicious® VitaMuffins

Convenience Lunch + Dinner Options:

- Amy's® Light and Lean Cheese Enchilada
- Amy's® Brown Rice & Vegetable Bowl
- Amy's® Southwestern Burrito
- Amy's® Light & Lean Spinach Lasagna
- Evol® Lean & Fit: Parmesan Polenta & Veggies
- Evol® Lean & Fit: Teriyaki Chicken
- Evol® Lean & Fit: Fire Grilled Chicken Poblano
- Evol® Lean & Fit: Coconut Lemongrass Chicken
- Evol® Fire Grilled Steak
- Healthy Choice® Sundried Tomato and Chicken Alfredo With Broccoli
- Kashi® All Natural Chicken Florentine
- Kashi® Mayan Harvest Bake
- Kashi® Steam Meal Chicken Chipotle BBQ
- Kashi® Lemongrass Coconut Chicken
- Kashi® Mediterranean Thin Crust Pizza
- Lean Cuisine® Sesame Chicken
- Lean Cuisine® Market Collection Chicken Poblano
- SmartOnes® Chicken Fajitas
- SmartOnes® Slow-Roasted Turkey Breast

You May Also Enjoy the Following Condiments + Seasonings as Much as You'd Like:

Garlic • Hot Sauce
Lemon/Lime Juice
Less-Sodium Soy Sauce
Light Balsamic Vinaigrette
Red Wine Vinegar
Spicy/Yellow Mustard
Spices

Convenience Snack Options:

- Quest Bar (Not a fan of Quest Bars? See page 5 in the FAQ's for nutrition bar guidelines)

ANYTIME FOODS:

These foods can be eaten at any point during the 21 days when you feel like you cannot make it to your next meal/snack.

- Artichoke Hearts
- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Fennel
- Hot Peppers
- Jicama
- Leeks
- Lettuce + Mixed Greens
- Mushrooms
- Okra
- Dill Pickles
- Air-Popped Popcorn
- Radishes
- Rutabaga
- Salsa
- Scallions
- Snow or Snap Peas
- Squash
- String Beans
- Spinach
- Sugar-Free Jell-O
- Tomatoes
- Turnips
- Watercress
- Zucchini

21-DAY SHRED: PRE-WORKOUT MEAL OPTIONS

If you are exercising longer than 30 minutes at high intensity, feel free to add one of these pre-workout meals below to provide the fuel you need to rock your routine! These meals should be consumed 30-60 minutes prior to your workout. Protein smoothies will help you feel full longer and will repair your muscles after tough workouts! Don't have protein powder? Check out Skinny Mom® Protein Powder here: http://www.skinnymom.com/protein-powder/!

SNACK COMBOS:

- 1 banana and 2 tablespoons natural peanut butter (or any nut butter)
- 1 cup whole grain cereal and unsweetened almond milk
- 1/2 cup low-fat cottage cheese with 1/2 cup berries
- 1/2 cup oatmeal with 1/2 cup berries
- 2 hardboiled eggs
- 1 orange and 1/2 cup peanuts
- 1 slice whole wheat toast with sliced banana and cinnamon

PROTEIN SMOOTHIES:

Instructions for all smoothies: Blend all of the ingredients together in a blender until smooth. If using fresh fruit instead of frozen, add 1 cup of ice. Adjust ice or liquid accordingly to desired consistency.

Raspberry Mocha Protein Smoothie • 131 calories

Prep time: 5 minutes | Cook time: None | Yield: 1 serving | Serving size: 1 smoothie

- 1/2 cup raspberries (fresh or frozen)
- 1/4 cup unsweetened almond milk
- 1/4 cup black coffee, chilled
- 1 scoop Skinny Mom® Milk Chocolate Protein Powder
- 1 teaspoon unsweetened cocoa powder
- 1 tablespoon Stevia (or your favorite no-calorie sweetener)

Chocolate Banana Protein Smoothie • 167 calories

Prep time: 5 minutes | Cook time: None | Yield: 1 serving | Serving size: 1 smoothie

- 1 scoop Skinny Mom® Milk Chocolate Protein Powder
- 1 small banana, frozen
- 1 teaspoon mini semi sweet chocolate chips
- 2 teaspoons Stevia (or your favorite no-calorie sweetener)
- 1/2 cup water

Cake Batter Protein Shake • 246 calories

Prep time: Less than 5 minutes | Cook time: None | Yield: 1 serving | Serving size: 1 shake

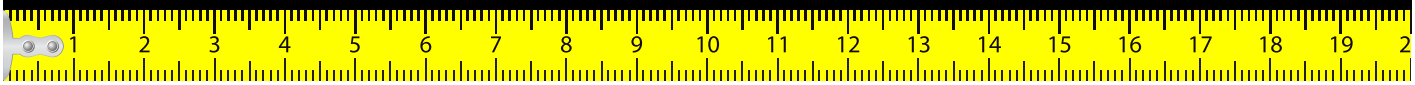
- 1 scoop Skinny Mom® Vanilla Bean Protein Powder
- 2/3 cup plain, nonfat Greek yogurt
- 1/2 cup unsweetened almond milk
- 1/4 cup fat free whipped topping
- 1/2 teaspoon vanilla extract
- 1/2 tablespoon organic agave nectar

Skinny Blueberry Protein Smoothie • 265 calories

Prep time: 5 minutes | Cook time: None | Yield: 1 serving | Serving size: 1 smoothie

- 1 (6-ounce) container nonfat, blueberry Greek yogurt
- 1/2 cup blueberries (fresh or frozen)
- 1 scoop Skinny Mom® Vanilla Bean Protein Powder
- 1/4 cup water

WEEK 1 OVERVIEW



WEEK 1 PPS CHECKLIST

WEEK 1 MEALS: DAYS 1-7

WEEK 1 GROCERY LIST

WEEK 1 FITNESS PLAN: DAYS 1-7

Monday: Upper Body (Arms) + Cardio

Tuesday: Lower Body (Legs) + Cardio

Wednesday: Abs/Core + Cardio (or Rest)

Thursday: Upper Body (Back/Shoulders) + Cardio

Friday: Lower Body (Booty) + Cardio

Saturday: Yoga + Cardio (or Rest)

Sunday: Yoga + Cardio (or Rest)

FITNESS EQUIPMENT NEEDED FOR WEEK 1:

Dumbbells

Stability Ball

Chair

Medicine/Weighted Ball *(may sub single heavier dumbbell)*

Body Bar *(may sub a broomstick)*

Kettlebell *(may sub dumbbells)*

Jump Rope *(or no equipment)*

Yoga Mat *(may sub a towel)*

Yoga Block *(may sub a firm pillow)*

Yoga Strap *(may sub a necktie or belt)*

WEEK 1 ACCOUNTABILITY CHART (WATER, MEALS + WORKOUTS)

21-DAY SHRED: WEEK 1 PPS CHECKLIST

Use this list alongside recipes for days 1-7 to see what can be prepped for the week. Have plenty of resealable bags and plastic, airtight containers handy for easy, organized storage!

DAY 1:

- [ ] **Snacks:** Portion 2 tablespoons natural peanut butter & ½ cup blueberries in separate sealed containers.
- [ ] **Lunch:** Prepare turkey sandwich and refrigerate in resealable bag. Assemble 9 baby carrots in resealable bag.
- [ ] **Supper:** Cook Skinny Pineapple Salsa Chicken mixture in slow cooker. Let mixture cool, then separate 1½ cups in an airtight container for Day 2 Lunch and the rest in another airtight container for Day 1 Supper. Refrigerate both containers. (Please note: You'll have brown rice with this Supper and Day 2 Lunch. Microwave the rice before serving.).

DAY 2:

- [ ] **Snacks:** Assemble 9 baby carrots and 9 grape tomatoes in resealable bags and 2 tablespoons hummus in an airtight container. You can also prepare the Green Power Smoothie* and freeze if desired.

DAY 3:

- [ ] **Snack:** You can prepare the Green Power Smoothie* and freeze if desired.
- [ ] **Supper:** Cook the chicken with blackened seasoning (following instructions 1-2 on page 18), allow it to cool and refrigerate in a resealable bag.

DAY 4:

- [ ] **Breakfast:** You can prepare the Skinny Tropical Protein Smoothie* and freeze if desired.
- [ ] **Snacks:** Boil 4 eggs (two for Day 4 Snack and two for Day 5 Snack) and refrigerate in resealable bags. Portion 1 cup blueberries and 23 almonds in separate resealable bags.

DAY 5:

- [ ] **Snacks:** Portion ½ cup cottage cheese and ½ cup pineapple chunks in separate sealed containers and refrigerate.

DAY 6:

- [ ] **Snack:** Portion 23 almonds in a resealable bag.
- [ ] **Lunch:** Portion 9 baby carrots in a resealable bag and refrigerate.

DAY 7:

- [ ] **Snacks:** You can prepare the Skinny Tropical Protein Smoothie* and freeze if desired.

**To thaw, refrigerate 30-60 minutes before drinking. You may also refrigerate it up to 2 days after preparation.*

21-DAY SHRED: DAY 1 MEALS

(Total Calories for Today: 1,251)

BREAKFAST: Egg Scramble with Turkey Bacon (Calories: 214)

Egg Scramble Ingredients:

- 1/3 cup liquid egg whites + 1 egg
- 1/2 cup spinach
- 1/4 cup grape tomatoes, diced
- 2 tablespoons diced avocado
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

Other:

- 2 slices lower-sodium turkey bacon

Instructions:

1. Spray a medium-size skillet with nonstick cooking spray and set to medium heat.
2. In a small bowl, whisk egg, egg whites, salt and pepper.
3. Pour eggs into skillet and scramble.
4. Add in spinach and grape tomatoes and continue to scramble.
5. Microwave turkey bacon according to package directions.
6. Once eggs are cooked to your liking, top with avocado and enjoy with 2 slices of turkey bacon.

Supper: Skinny Pineapple Salsa Chicken

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 26-27 for workout details and video links!

SNACK 1: (Calories: 304)

- 1 apple
- 2 tablespoons natural peanut butter

LUNCH: Turkey Sandwich and Baby Carrots (Calories: 250)

Turkey Sandwich Ingredients:

- 1 100% whole wheat sandwich round
- 4 ounces lower-sodium turkey breast
- 1 slice tomato
- 1 lettuce leaf
- 2 teaspoons yellow mustard

Other:

- 9 baby carrots

SNACK 2: (Calories: 140)

- 1 (6-ounce) container plain, nonfat Greek yogurt
- 1/2 cup blueberries

SUPPER: Skinny Pineapple Salsa Chicken with Brown Rice (Calories: 343)

Yields: 5 servings | Serving Size: 1 1/2 cups pineapple salsa chicken and ½ cup brown rice

Skinny Pineapple Salsa Chicken Ingredients:

- 2 pounds boneless, skinless chicken breasts
- 3 medium zucchini, diced
- 1 (16-ounce) jar tomato salsa (your choice: hot, medium or mild)
- 1 (20-ounce) can pineapple chunks in 100% juice (reserve 1/2 cup of pineapple juice to use in recipe)

Other:

- 2 (8.8-ounce) pouches brown rice

Instructions:

1. Place chicken breasts in the bottom of slow cooker and cover completely with salsa.
2. Cook on low for 8 hours.
3. One hour before serving: shred chicken with two forks, chop the zucchini into bite-size pieces and add to the chicken mixture, add pineapple chunks to the slow cooker and 1/2 cup of the reserved pineapple juice.
4. Microwave brown rice according to package directions.
5. Serve 1 1/2 cups of chicken mixture over 1/2 cup brown rice.

GET AHEAD TIPS FOR TOMORROW:

1. Pack 1 1/2 cups leftover Pineapple Salsa Chicken with 1/2 cup brown rice for tomorrow's lunch. If there are no leftovers from tonight's dinner, tomorrow's lunch can be a convenience meal.
2. Prepare tomorrow's snacks, and measure out 1/2 cup oatmeal and dice 1/2 of an apple for tomorrow's breakfast.

21-DAY SHRED: DAY 2 MEALS

(Total Calories for Today: 1,233)

BREAKFAST: Apple Cinnamon Oatmeal (Calories: 235)

Apple Cinnamon Oatmeal Ingredients:

- 1/2 cup whole grain plain quick oats
- 1/2 cup unsweetened almond milk
- 1/2 apple, diced
- 1/2 teaspoon cinnamon
- 1 teaspoon stevia

Instructions:

1. In a large bowl, add oats, diced apple, cinnamon, and almond milk. Stir until mixed thoroughly.
2. Microwave for 3 minutes. Stir after 1 minute and again after 2.

SNACK 1: (Calories: 97)

- 9 baby carrots and 9 grape tomatoes
- 2 tablespoons plain hummus

L LUNCH: LEFTOVER Pineapple Salsa Chicken and Brown Rice (Calories: 343)

- 1 1/2 cups leftover Pineapple Salsa Chicken with 1/2 cup brown rice

SNACK 2: Green Power Smoothie (Calories: 228)

Green Power Smoothie Ingredients:

- 1 cup spinach
- 1/2 apple, diced
- 1/2 cup frozen raspberries
- 1 scoop Skinny Mom® Vanilla Bean Protein Powder
- 1 cup unsweetened almond milk
- 1/2 cup ice

Instructions:

1. Combine ingredients in blender; blend until desired consistency.

Supper: Philly Cheesesteak Stuffed Peppers

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 26-27 for workout details and video links!

SUPPER: Philly Cheesesteak Stuffed Peppers with Sweet Potato and Side Salad (Calories: 330)

Yields: 6 servings | Serving Size: 1 stuffed bell pepper half, 1 sweet potato and 2 cups side salad with 2 tablespoons light balsamic vinaigrette

Philly Cheesesteak Stuffed Peppers Ingredients:

- 8 ounces flank steak, trimmed of fat and thinly sliced against the grain into bite-size strips
- 6 slices thin-sliced provolone cheese
- 3 large green bell peppers
- 1 (8-ounce) container baby bella (cremini) mushrooms, sliced
- 1 red bell pepper, diced
- 1 small onion, diced
- 2 tablespoons Worcestershire sauce
- 1 tablespoon minced garlic
- 1/4 teaspoon salt and black pepper

Other:

- 6 medium-size sweet potatoes
- 6 teaspoons light butter
- 12 cups of bagged lettuce (side salad)
- 12 tablespoons light balsamic vinaigrette

Instructions:

1. Spray an 11x7-inch baking dish with nonstick cooking spray, set aside.
2. Bring 4 cups of water to a boil in a large stockpot over high heat.
3. Slice the green peppers in half lengthwise and remove ribs and seeds. Place the pepper halves in boiling water for 2-4 minutes. Repeat with the remaining peppers. Pepper "skin" will lose a little brightness after cooking in boiling water. Use tongs to remove the peppers from water and place open side down on paper towels to drain excess water.
4. Lightly coat a large skillet with nonstick cooking spray over medium-high heat. Add the mushrooms, red bell pepper, onion, garlic, salt, and black pepper. Sauté for 2-3 minutes until the onion and peppers have softened.
5. Preheat the oven to 400°F. Add the thinly sliced flank steak to the skillet. Stir in the Worcestershire sauce and cook for 2 to 4 minutes. Flank steak should still be slightly pink in the middle or at an internal temperature of 120°F for medium-rare or 130°F for medium.
6. Place the green bell pepper halves open side up in baking dish. Line the inside of each pepper half with 1/2 slice of provolone cheese.
7. Using a slotted spoon, transfer 1/2 cup of the flank steak mixture to each bell pepper half.
8. Top each pepper with the remaining 1/2 slice of provolone cheese and bake for 10 minutes in preheated oven or until cheese is melted.
9. Meanwhile, prepare your sweet potatoes in microwave. Prick the potatoes all over with a fork. Microwave on high for 8 to 10 minutes or until tender, turning the potatoes once.
10. Serve bell pepper half with a sweet potato topped with 1 teaspoon light butter and 2 cups side salad with 2 tablespoons light balsamic vinaigrette.

GET AHEAD TIPS FOR TOMORROW:

1. Pack 1 stuffed pepper half with a sweet potato topped with 1 teaspoon light butter and 2 cups side salad with 2 tablespoons light balsamic vinaigrette for tomorrow's lunch. If there are no leftovers from tonight's dinner, tomorrow's lunch can be a convenience meal.
2. Prepare tomorrow's snacks.

21-DAY SHRED: DAY 3 MEALS

(Total Calories for Today: 1,211)

BREAKFAST: Open-Faced Egg Sandwich (Calories: 186)

Open-Faced Egg Sandwich Ingredients:

- 1/2 100% whole wheat sandwich round
- 1/2 cup liquid egg whites
- 2 tablespoons avocado
- 1 slice tomato
- 1 tablespoon reduced-fat shredded cheddar cheese
- 1/8 teaspoon salt and black pepper

Instructions:

1. In a small bowl, whisk egg whites, salt, and pepper.
2. Toast sandwich round.
3. Spray a medium-size skillet with nonstick cooking spray and set to medium heat. Scramble eggs.
4. While eggs are cooking, mash avocado onto your toast with a fork.
5. When eggs are cooked, place the eggs onto the avocado round and add tomato and top with reduced-fat cheese.

SNACK 1: Green Power Smoothie (Calories: 228)

Green Power Smoothie Ingredients:

- 1 cup spinach
- 1/2 apple, diced
- 1/2 cup frozen raspberries
- 1 scoop Skinny Mom® Vanilla Bean Protein Powder
- 1 cup unsweetened almond milk

Instructions:

1. Combine ingredients in blender; blend until desired consistency.

L LUNCH: LEFTOVER Philly Cheesesteak Stuffed Peppers with Sweet Potato and Side Salad (Calories: 330)

- 1 stuffed pepper half with a sweet potato topped with 1 teaspoon light butter and 2 cups side salad with 2 tablespoons light balsamic vinaigrette

SNACK 2: (Calories: 154)

- 1 apple
- 1 light string cheese

SUPPER: Blackened Chicken with Avocado Cream Sauce with Brown Rice and Broccoli (Calories: 313)

Yields: 4 servings | Serving Size: 4-ounce chicken breast with 2 tablespoons sauce, ½ cup brown rice, 1 cup broccoli

Blackened Chicken Ingredients:

- 4 (4-ounce) boneless, skinless chicken breasts
- 1 tablespoon blackened seasoning
- 2 tablespoons green onions, finely sliced

Avocado Cream Sauce Ingredients:

- 1 cup plain, nonfat Greek yogurt
- 1/2 avocado, chopped
- 1 tablespoon lemon juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt

Other:

- 1 (8.8-ounce) pouch brown rice
- 2 (10-ounce) bags steambag broccoli florets

Instructions:

1. In a large resealable bag, add blackened seasoning and chicken. Shake the bag until chicken is evenly coated.
2. Lightly coat a large frying pan with nonstick cooking spray. Over medium-high heat, cook chicken breasts for 7 minutes on each side, or until cooked through.
3. Meanwhile, prepare the Avocado Cream Sauce by blending Greek yogurt, avocado, lemon juice, garlic powder and salt in a food processor.
4. Microwave brown rice and broccoli according to package directions.
5. To serve, place 2 tablespoons of Avocado Cream Sauce and 1/2 tablespoon green onions on top of each chicken breast.
6. Serve with 1/2 cup brown rice and 1 cup broccoli.

Supper: Blackened Chicken with Avocado Cream Sauce

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 26-27 for workout details and video links!

GET AHEAD TIPS FOR TOMORROW:

1. Make your avocado tuna salad tonight and refrigerate for tomorrow's lunch. Pack 12 Triscuits.
2. Boil 4 eggs — 2 for tomorrow's snack and 2 for the rest of the week, and assemble tomorrow's Snack 1 to grab and go.
3. Tomorrow's dinner is a slow cooker recipe. Before bed tonight, place chicken breasts (for tomorrow's dinner) in a resealable bag and sprinkle taco seasoning evenly over the chicken. Store in fridge overnight.

21-DAY SHRED: DAY 4 MEALS

(Total Calories for Today: 1,254)

BREAKFAST: Skinny Tropical Protein Smoothie (Calories: 177)

Skinny Tropical Protein Smoothie Ingredients:

- 1 cup unsweetened almond milk
- 1 cup frozen tropical fruit mix
- 1 scoop Skinny Mom® Vanilla Bean Protein Powder
- 1/2 teaspoon coconut extract

Instructions:

1. Combine ingredients in a blender; blend until desired consistency.

Breakfast: Skinny Tropical Protein Smoothie

SNACK 1: (Calories: 120)

- 2 hardboiled eggs

LUNCH: Skinny Avocado Tuna Sandwich with Triscuits (Calories: 444)

Skinny Avocado Tuna Sandwich Ingredients:

- 1 (2.6-ounce) pouch albacore tuna in water
- 1 tablespoon plain, nonfat Greek yogurt
- 1/2 tablespoon chopped cilantro
- 1/8 teaspoon salt and black pepper
- 1/4 cup diced red bell pepper
- 1/4 cup diced yellow bell pepper
- 1/8 teaspoon garlic powder
- 1 teaspoon lime juice
- 1/8 teaspoon red pepper flakes
- 1 lettuce leaf
- 2 tablespoons avocado
- 1 100% whole wheat sandwich round

Other:

- 12 Reduced-Fat Triscuit crackers

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 26-27 for workout details and video links!

Instructions:

1. In a small bowl, mix tuna, yogurt, cilantro, salt, black pepper, red pepper, yellow pepper, garlic powder, lime juice and red pepper flakes.
2. Toast sandwich round. Top round with tuna salad mixture, lettuce and 2 tablespoons avocado. Enjoy with 6 Triscuits.

SNACK 2: (Calories: 245)

- 1 cup blueberries
- 23 natural almonds

SUPPER: Skinny Slow Cooker Chicken Taco Salad (Calories: 268)

Yields: 6 servings | Serving Size: 4 ounces chicken mixture and 2 cups of salad with 2 tablespoons cheese

Skinny Slow Cooker Chicken Taco Salad Ingredients:

- 24 ounces boneless, skinless chicken breasts
- 12 cups bagged lettuce mix
- 1 tomato, diced
- 1 onion, diced
- 3/4 cup reduced-fat shredded cheddar cheese
- 1 packet less-sodium taco seasoning
- 1 (16-ounce) jar tomato salsa (your choice: hot, medium, mild)
- 1/4 cup water
- 1 (15-ounce) can reduced-sodium black beans (drained and rinsed)

Other (top each salad with below ingredients):

- 6 pepperoncini slices
- 1/2 tablespoon lime juice
- 2 tablespoons chopped cilantro

Instructions:

1. Place chicken breasts in a slow cooker and cover with salsa, water and taco seasoning (if you didn't already pre-marinate the breasts in taco seasoning last night). Toss until chicken is covered.
2. Cover and cook on high for 4 hours or low for 8 hours. Shred the chicken in the slow cooker. One hour before serving, add black beans to slow cooker and stir.
3. In a large bowl, add lettuce, tomatoes and onion and toss to make a salad.
4. To serve, add a heaping 2 cups of lettuce to a bowl. Top salad with 6 ounces of chicken mixture, 2 tablespoons of cheese, 6 pepperoncini slices, 1/2 tablespoon lime juice and 2 tablespoons cilantro.

GET AHEAD TIPS FOR TOMORROW:

1. Pack 2 cups of salad with 6 ounces of Skinny Slow Cooker Chicken mixture, 2 tablespoons of cheese, 6 pepperoncini slices, 1/2 tablespoon lime juice and 2 tablespoons cilantro for tomorrow's lunch. No leftovers from tonight's dinner? Tomorrow's lunch can be a convenience meal.
2. Get your snacks packed and ready to go.

21-DAY SHRED: DAY 5 MEALS

(Total Calories for Today: 1,215)

BREAKFAST: Apple Cinnamon Oatmeal (Calories: 235)

Apple Cinnamon Oatmeal Ingredients:

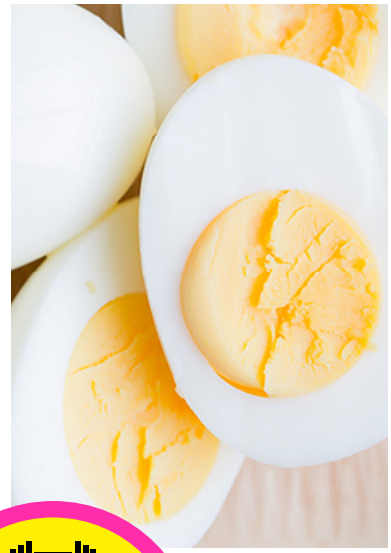
- 1/2 cup whole grain plain quick oats
- 1/2 cup unsweetened almond milk
- 1/2 apple, diced
- 1/2 teaspoon cinnamon
- 1 teaspoon stevia

Instructions:

1. In a large bowl, add oats, diced apple, cinnamon, and almond milk. Stir until mixed thoroughly.
2. Microwave for 3 minutes. Stir after 1 minute and again after 2.

SNACK 1: (Calories: 170)

- 2 hardboiled eggs
- 1 light string cheese



Snack 1: Hardboiled Eggs

L **LUNCH: LEFTOVER Skinny Slow Cooker Chicken Taco Salad (Calories: 268)**

- 6 ounces Skinny Slow Cooker Chicken, 2 cups of salad, 2 tablespoons cheese, 6 pepperoncinis, 1/2 tablespoon lime juice and 2 tablespoons cilantro

SNACK 2: (Calories: 131)

- 1/2 cup low-fat cottage cheese
- 1/2 cup pineapple chunks in 100% juice

SUPPER: Skinny Bleu Cheese Stuffed Buffalo Burgers with Sweet Potato and Asparagus (Calories: 411)

Yields: 4 servings | Serving Size: 1 stuffed burger lettuce wrap, 1 sweet potato and 8 asparagus spears

Skinny Bleu Cheese Stuffed Buffalo Burgers Ingredients:

- 1 pound lean ground beef (90/10 minimum)
- 4 lettuce leaves
- 1/2 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon Worcestershire sauce
- 1/4 cup Franks® Red Hot Original Sauce
- 6 tablespoons reduced-fat bleu cheese crumbles (1 1/2 tablespoons per burger)
- 4 100% whole wheat sandwich rounds

Other:

- 4 medium-size sweet potatoes
- 4 teaspoons light butter
- 32 asparagus spears

Instructions:

1. Using clean hands, combine the beef, pepper, garlic powder, onion powder, Worcestershire and hot sauce together in a large bowl.
2. Divide the meat into 4 equal-size patties, and form a very flat hamburger by pressing with your palms.
3. Put 1 tablespoon of blue cheese into each hamburger, and fold it over into itself to seal the cheese in the center. Reshape the beef into equal-size hamburgers, and make a slight thumb indentation in the center of each. That keeps them flat while grilling.
4. Lightly coat the grill grates, grill pan or large skillet with nonstick cooking spray and set over medium-high heat. Grill hamburgers for about 4 minutes on each side, or until desired doneness.
5. Meanwhile, place water in the bottom half of a steamer pan set. Trim the dry ends off asparagus, add spears to the top half of the steamer pan set, and steam for 5-10 minutes or until asparagus is tender.
6. Prepare your sweet potatoes in microwave. Prick the potatoes all over with a fork. Microwave on high for 8 to 10 minutes or until tender, turning the potatoes once.
7. Serve one stuffed burger on a sandwich round with the remaining 1/2 tablespoon of bleu cheese. Enjoy with 8 asparagus spears and one sweet potato with 1 teaspoon light butter.

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 26-27 for workout details and video links!

GET AHEAD TIPS FOR TOMORROW:

1. Prepare tomorrow's protein pancakes tonight and refrigerate if you will not have the time to prep tomorrow morning.
2. Assemble tomorrow's snacks to grab and go.

21-DAY SHRED: DAY 6 MEALS

(Total Calories for Today: 1,247)

BREAKFAST: Vanilla Cinnamon Protein Pancakes (Calories: 395)
Yields: 10 pancakes | Serving Size: 3 pancakes, 2 tablespoons sugar-free syrup

Vanilla Cinnamon Protein Pancakes Ingredients:
- 1 cup low-fat cottage cheese
- 2 1/2 cups whole grain plain quick oats
- 1 (16-ounce) carton liquid egg whites
- 1 1/2 scoops Skinny Mom® Vanilla Bean Protein Powder
- 1 tablespoon stevia
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla

Other:
- 10 tablespoons sugar-free maple syrup

Instructions:
1. Combine all ingredients in a food processor or blender and blend until smooth.
2. Heat a large skillet and lightly coat with nonstick cooking spray.
3. Using 1/3 cup, pour batter into skillet and repeat until there isn't room on the skillet. When pancakes begin to bubble, flip and cook until golden.
4. Enjoy 3 pancakes with 2 tablespoons maple syrup.
5. Allow extra pancakes to cool. Place in resealable bag and refrigerate.

Breakfast: Vanilla Cinnamon Pancakes

SNACK 1: (Calories: 161)
- 23 natural almonds

LUNCH: Turkey Sandwich with Baby Carrots (Calories: 250)

Turkey Sandwich Ingredients:
- 1 100% whole wheat sandwich round
- 4 ounces lower-sodium turkey breast
- 1 slice tomato
- 1 lettuce leaf
- 2 teaspoons yellow mustard

Other:
- 9 baby carrots

GET TODAY'S WORKOUT
Reference the Fitness Plan on page 26-27 for workout details and video links!

SNACK 2: (Calories: 104)
- 1 apple

SUPPER: Skinny Greek Salad (Calories: 337)
Yields: 4 servings | Serving Size: 3 cups lettuce, 1 tablespoon feta, ½ cup tomato, 2 tablespoons black olives, 2 tablespoons red onion, 2 tablespoons sliced pepperoncinis,1/2 cup chickpeas, 2 tablespoons light balsamic vinaigrette

Skinny Greek Salad Ingredients:
- 12 cups bagged salad mix
- 1/4 cup reduced-fat feta cheese crumbles
- 2 cups diced tomatoes
- 1/2 cup sliced black olives
- 1/2 cup diced red onion
- 1/2 cup sliced pepperoncinis
- 1/2 cup light balsamic vinaigrette
- 2 (14.5-ounce) cans chickpeas, rinsed and drained

Instructions:
1. Serve 3 cups lettuce, 1 tablespoon feta, 1/2 cup tomato, 2 tablespoons black olives, 2 tablespoons red onion, 2 tablespoons sliced pepperoncinis, 1/2 cup chickpeas and 2 tablespoons light balsamic vinaigrette.

GET AHEAD TIPS FOR TOMORROW:

1. Assemble tomorrow's snacks to grab and go.
2. Tomorrow's dinner needs a 30-minute marinade time. Plan accordingly.

21-DAY SHRED: DAY 7 MEALS

(Total Calories for Today: 1,236)

L **BREAKFAST: LEFTOVER 3 Vanilla Cinnamon Protein Pancakes (Calories: 395)**

Other:
- 2 tablespoons sugar-free syrup

SNACK 1: (Calories: 50)
- 1 light string cheese

LUNCH: Skinny Avocado Tuna Sandwich and Triscuits (Calories: 342)

Skinny Avocado Tuna Sandwich Ingredients:
- 1 (2.6-ounce) pouch albacore tuna in water
- 1 100% whole wheat sandwich round
- 1/4 cup diced red bell pepper
- 1/4 cup diced yellow bell pepper
- 2 tablespoons diced avocado
- 1 tablespoon plain, nonfat Greek yogurt
- 1 teaspoon lime juice
- 1/2 tablespoon chopped cilantro
- 1/8 teaspoon red pepper flakes
- 1/8 teaspoon garlic powder
- 1/8 teaspoon salt and black pepper

Other:
- 6 Reduced-Fat Triscuit® crackers

Instructions:
1. In a small bowl, mix tuna, yogurt, cilantro, black pepper, salt, red pepper, yellow pepper, garlic powder, and red pepper flakes.
2. Toast sandwich round. Top round with tuna salad mixture and 2 tablespoons avocado.

Supper: Honey Garlic Shrimp Skillet

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 26-27 for workout details and video links!

SNACK 2: Skinny Tropical Protein Smoothie (Calories: 177)

Skinny Tropical Protein Smoothie Ingredients:
- 1 cup unsweetened almond milk
- 1 cup frozen tropical fruit mix
- 1 scoop Skinny Mom® Vanilla Bean Protein Powder
- 1/2 teaspoon coconut extract

Instructions:
1. Combine ingredients in a blender; blend until desired consistency.

SUPPER: Honey Garlic Shrimp Skillet with Brown Rice and Broccoli (Calories: 272)

Yields: 4 servings | Serving Size: 8 shrimp, 1/2 cup brown rice, and 1 cup broccoli

Honey Garlic Shrimp Skillet Ingredients:
- 1 pound frozen medium shrimp, shelled and deveined (30-32 shrimp)
- 2 tablespoons less-sodium soy sauce
- 2 tablespoons honey
- 1/4 teaspoon cumin
- 1 tablespoon minced garlic
- 2 tablespoons lime juice
- 2 tablespoons chopped cilantro
- 1 lime, cut into wedges

Other:
- 1 (8.8-ounce) pouch brown rice
- 2 (10-ounce) bags steambag broccoli florets

Instructions:
1. Place frozen shrimp in a bowl, and run under cold water until thawed. Remove tails.
2. Place the shrimp, soy sauce, honey, cumin, garlic and lime juice in a large resealable bag. Seal the bag and gently toss the contents together to combine them. Marinate in the refrigerator for 30 minutes.
3. Heat a large skillet over medium-high heat. Pour the shrimp and the marinade in the skillet. Cook the shrimp, flipping them occasionally, until pink.
4. Remove the shrimp from the skillet and continue to cook the marinade for 2-3 minutes until slightly thickened.
5. Pour the thickened sauce over the cooked shrimp and sprinkle the cilantro on top.
6. Microwave brown rice according to package directions.
7. Serve with ½ cup brown rice, 1 cup broccoli, and a fresh lime wedge to squeeze over the shrimp.

GET AHEAD TIPS FOR TOMORROW:

1. Assemble tomorrow's snacks to grab and go. If you don't have any leftover Vanilla Cinnamon Protein Pancakes, pack a snack from another day.
2. Prepare Light Egg Salad for tomorrow's lunch and two additional lunches this week. You'll need 15 hardboiled eggs for the week (12 for egg salad, 3 for snacks throughout the week).

WEEK 1 GROCERY LIST

The following grocery list contains every ingredient for every meal listed for **WEEK 1** of the 21-Day Shred. Check your pantry before visiting the grocery store and cross off items that you already have. Pre-workout meal suggestions are **NOT** included on the grocery list. Please review the Pre-Workout Meals on page 13 and add your selections as needed.

X	AMOUNT	ITEM
FRESH PRODUCE		
	1 container (need 2½ cups)	Spinach
	1 container	Grape Tomatoes
	2 whole	Avocados
	5 whole	Apples
	3 whole	Green Bell Peppers
	2 whole	Red Bell Peppers
	1 whole	Yellow Bell Pepper
	5 whole	Tomatoes
	2 whole	Onions
	1 whole	Red Onion
	1 head (need 8 large leaves)	Iceberg Lettuce
	3 (12-ounce) bags (need 36 cups)	Bagged Lettuce Salad Mix
	1 large bag (need 27 carrots)	Baby Carrots
	1 pint (need 1 ½ cups)	Blueberries
	3 whole	Medium-Size Zucchini
	1 (8-ounce) container	Baby Bella Mushrooms (or Cremini Mushrooms)
	1 bunch	Green Onions
	32 spears	Asparagus
	1 bunch	Fresh Cilantro
	1 whole	Lime
	10 whole	Medium-Size Sweet Potatoes
CONDIMENTS, CANNED, BOTTLED + PACKAGED		
	1 container	Natural Peanut Butter (or any nut butter)
	1 bottle	Yellow Mustard
	2 (16-ounce) jars	Tomato Salsa (your choice: hot, medium or mild)
	1 (20-ounce) + 1 (8-ounce) can	Pineapple Chunks in 100% Juice
	1 canister	Skinny Mom® Vanilla Bean Protein Powder
	1 container	Plain Hummus
	1 bottle	Worcestershire Sauce

	1 jar	Minced Garlic
	1 bottle	Light Balsamic Vinaigrette
	1 bottle	Lemon Juice
	1 bottle	Lime Juice
	1 container (need 46 almonds)	Natural Almonds
	2 (2.6-ounce) pouches	Albacore Tuna Packed in Water
	1 box	Reduced-Fat Triscuit® Crackers
	1 bottle	Frank's® Red Hot Original Sauce
	1 jar	Sliced Black Olives
	1 jar	Sliced Pepperoncinis
	1 bottle	Sugar-Free Maple Syrup
	1 bottle	Less-Sodium Soy Sauce
	2 (14.5-ounce) cans	Chickpeas
	1 (15-ounce) can	Reduced-Sodium Black Beans
FROZEN		
	1 bag (need 1 cup)	Frozen Raspberries
	4 (10-ounce) steambags	Frozen Broccoli Florets
	1 bag (need 2 cups)	Frozen Tropical Fruit Mix
DAIRY		
	2 (16-ounce) containers	Liquid Egg Whites
	5 whole	Large Eggs
	1 package	Light String Cheese
	4 (6-ounce) containers (need 15 total ounces)	Plain, Nonfat Greek Yogurt
	1 carton (need 5 cups)	Unsweetened Almond Milk
	1 package (need 6 slices)	Thin-Sliced Provolone Cheese
	1 bag	Reduced-Fat Shredded Cheddar Cheese
	1 container (need 1½ cups)	Low-Fat Cottage Cheese
	1 container	Reduced-Fat Bleu Cheese Crumbles
	1 container	Reduced-Fat Feta Cheese Crumbles
	1 container	Light Butter
MEAT, POULTRY + SEAFOOD		
	½ pound	Lower-Sodium Deli Turkey
	4 ½ pounds	Boneless, Skinless Chicken Breasts
	8 ounces	Flank Steak
	1 pound	Lean Ground Beef (90/10 minimum)
	1 pound	Frozen Medium Shrimp (shelled and deveined)
	1 package (need 2 slices)	Lower-Sodium Turkey Bacon
BREADS, GRAINS, CEREALS + PASTAS		
	1 package	100% Whole Wheat Sandwich Rounds

	1 container (need 3 cups)	Whole Grain Quick Oats
	4 (8.8-ounce) pouches	Brown Rice
BAKING		
	1 bag	Stevia
	1 bottle	Coconut Extract
	1 bottle	Vanilla
	1 bottle	Honey
SEASONINGS, SPICES + OTHER		
	1 container	Salt
	1 container	Black Pepper
	1 container	Cinnamon
	1 container	Blackened Seasoning
	1 container	Garlic Powder
	1 container	Red Pepper Flakes
	1 packet	Less-Sodium Taco Seasoning
	1 container	Onion Powder
	1 container	Cumin

21-DAY SHRED: WEEK 1 FITNESS PLAN

All workouts should be completed in adherence to the instructions. Most of the videos will be completed more than one time through for a full workout! Workouts range from 35-60 minutes but can be adjusted depending on fitness level. Make sure to print out the **Week 1 Accountabilty Chart** on page 28 to check off your workouts as you complete them!

Some of the videos included on the Shred do not include both warm up and cool downs. We recommend including a warm up and a cool down for each workout session.

Need a quick warm up video?
Try this awesome 5 minute warm up: http://www.skinnymom.com/basic-warm-up-video/.
Need a some stretches to help you cool down and lengthen your musles?
Try this stretch series: http://www.skinnymom.com/9-ways-to-stretch-your-hip-flexors/.

DAY 1: ARMED & DANGEROUS VIDEO (3X) + 24-MINUTE CARDIO CIRCUIT (1X)

- *Focus: upper body (arms) + cardio*
- *Estimated time: 45 minutes*
- *Equipment needed: dumbbells, stability ball*
- *Substitutions: none*

> Armed & Dangerous: Complete 3 rounds
http://www.skinnymom.com/armed-dangerous-video/

> Cardio: Today's cardio will be two intervals, 10 rounds each. All cardio circuits begin with a 2-minute walk/light jog warmup and end with a 2-minute walking/cool down. Complete outdoors or on a treadmill.

Warmup: 2-minute walk or light jog.

Interval 1: 1 minute of maximum effort.
Walk, jog, run or sprint at your fastest MAINTAINABLE speed.

Interval 2: 1 minute of minimal-moderate effort
Walk or lightly jog at about 25% of your maximum effort.

Repeat: Intervals 1 & 2 for 10 total rounds before cooldown.

Cooldown: 2 minutes walking.

DAY 2: LONG AND LEAN LEGS ROUTINE VIDEO (3X) + 7½-MINUTE FAT BLASTER VIDEO (2X)

- *Focus: lower body (legs) + cardio*
- *Estimated time: 40 minutes*
- *Equipment needed: chair, stability ball*
- *Substitutions: none*

> Long and Lean Legs Routine: Complete 3 rounds
http://www.skinnymom.com/at-home-lean-legs-butt-workout-video/

> 7½-Minute Fat Blaster: Complete 2 rounds
http://www.skinnymom.com/7%C2%BD-minute-fat-blaster-video/

DAY 3**: CARDIO STRENGTH CIRCUIT VIDEO (1X) + POOCH BUSTER (1-2X)

- *Focus: abs/core + cardio*
- *Estimated time: 30-40 minutes*
- *Equipment needed: dumbbells, kettlebell, jump rope, body bar, medicine ball*
- *Substitutions: Dumbbells may be used instead of a kettlebell. You may jump in place without a jump rope. You may use a broomstick in place of a body bar. You may use a dumbbell in place of a medicine/weighted ball.*

> Cardio Strength Circuit: Complete 1 round
http://www.skinnymom.com/best-of-both-worlds-cardio-strength-circuit-video/

> Pooch Buster: Complete 1-2 rounds (depending on your fitness level)
http://www.skinnymom.com/pooch-buster-workout-video/

21-DAY SHRED: WEEK 1 FITNESS PLAN

DAY 4: BUH-BYE BRA FAT VIDEO (3X) + 24-MINUTE CARDIO CIRCUIT (1X)

- *Focus: upper body (back) + cardio*
- *Estimated time: 50 minutes*
- *Equipment needed: dumbbells*
- *Substitutions: none*

> **Buh-Bye Bra Fat: Complete 3 rounds**
http://api.skinnymom.com/13-moves-to-banish-bra-bulge/

> **Cardio:** Today's cardio will be two intervals, 10 rounds each. All cardio circuits begin with a 2-minute walk/light jog warmup and end with a 2-minute walking/cool down. Complete outdoors or on a treadmill.

Warmup: 2-minute walk or light jog.

Interval 1: 1 minute of maximum effort.
Walk, jog, run or sprint at your fastest MAINTAINABLE speed.

Interval 2: 1 minute of minimal-moderate effort
Walk or lightly jog at about 25% of your maximum effort.

Repeat: Intervals 1 & 2 for 10 total rounds before cooldown.

Cooldown: 2 minutes walking.

DAY 5: ALL ABOUT THAT BASS VIDEO (1X) + 7½-MINUTE FAT BLASTER VIDEO (2X)

- *Focus: lower body (booty) + cardio*
- *Estimated time: 35 minutes*
- *Equipment needed: chair*
- *Substitutions: none*

> **All About That Bass: Complete 1 round**
http://www.skinnymom.com/all-about-that-bass-booty-workout-video/

> **7½-Minute Fat Blaster: Complete 2 rounds**
http://www.skinnymom.com/7%C2%BD-minute-fat-blaster-video/

DAY 6/DAY 7***: LBD ROUTINE VIDEO (3X) + YOGA FOR ATHLETES VIDEO (1X)

- *Focus: cardio + yoga*
- *Estimated time: 55 minutes*
- *Equipment needed: dumbbells, yoga mat, yoga block, yoga strap*
- *Substitutions: A towel can replace a yoga mat, a firm pillow may be used in place of a yoga block and a necktie or belt can replace the yoga strap.*

> **LBD Routine: Complete 3 rounds**
http://www.skinnymom.com/the-little-black-dress-workout/

> **Yoga for Athletes: Complete 1 round**
http://www.skinnymom.com/yoga-for-athletes-8-poses-to-prevent-injury-video/

**Do not feel discouraged if you need to adjust your maximum speed. Find the pace that works best for you currently and you'll see progress with every cardio circuit! Be sure to adjust your speed and push harder when it becomes too easy.*

***Note: This can be a rest day if needed.*

****Select one day to complete your cardio/yoga routine as described. The other day is an active rest day.*

21-DAY SHRED: WEEK 1 ACCOUNTABILITY CHART

DAY 1

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Egg Scramble with Turkey Bacon

1 Apple and 2 Tbsp Peanut Butter

Turkey Sandwich and 9 Baby Carrots

6-ounce Plain Greek Yogurt and 1/2 cup Blueberries

1 1/2 cups Skinny Pineapple Salsa Chicken with 1/2 cup Brown Rice

WORKOUTS DONE?

- ☐ **ARMS** YES, I ROCKED IT!
- ☐ **CARDIO** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 2

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Apple Cinnamon Oatmeal

9 Baby Carrots and 9 Grape Tomatoes with 2 tablespoons Hummus

1 1/2 cups Skinny Pineapple Salsa Chicken with 1/2 cup Brown Rice

Green Power Smoothie

Philly Cheesesteak Stuffed Pepper Half with 1 Sweet Potato and Side Salad

WORKOUTS DONE?

- ☐ **LEGS** YES, I ROCKED IT!
- ☐ **CARDIO** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 3

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Open-Faced Egg Sandwich

Green Power Smoothie

Philly Cheesesteak Stuffed Pepper Half with 1 Sweet Potato and Side Salad

1 Apple and 1 Light String Cheese

Blackened Chicken w/ Avocado Cream Sauce, 1/2 cup Brown Rice and 1 cup Broccoli

WORKOUTS DONE?

- ☐ **ABS/CORE** YES, I ROCKED IT!
- ☐ **CARDIO** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 4

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Skinny Tropical Protein Smoothie

2 Hardboiled Eggs

Skinny Avocado Tuna Sandwich with 12 Triscuits

23 Natural Almonds and 1 cup Blueberries

Slow Cooker Chicken Taco Salad

WORKOUTS DONE?

- ☐ **BACK** YES, I ROCKED IT!
- ☐ **CARDIO** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 5

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Apple Cinnamon Oatmeal

2 Hardboiled Eggs and 1 Light String Cheese

Leftover Slow Cooker Chicken Taco Salad

1/2 cup LF Cottage Cheese and 1/2 cup Pineapple Chunks

Bleu Cheese Stuffed Buffalo Burger with 1 Sweet Potato and 8 Asparagus Spears

WORKOUTS DONE?

- ☐ **BOOTY** YES, I ROCKED IT!
- ☐ **CARDIO** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 6

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Vanilla Cinnamon Protein Pancakes with 2 tablespoons SF Maple Syrup

23 Natural Almonds

Turkey Sandwich and 9 Baby Carrots

1 Apple

Skinny Greek Salad

WORKOUTS DONE?

- ☐ **YOGA** YES, I ROCKED IT!
- ☐ **CARDIO** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 7

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Vanilla Cinnamon Protein Pancakes with 2 tablespoons SF Maple Syrup

1 Light String Cheese

Skinny Avocado Tuna Sandwich with 6 Triscuits

Skinny Tropical Protein Smoothie

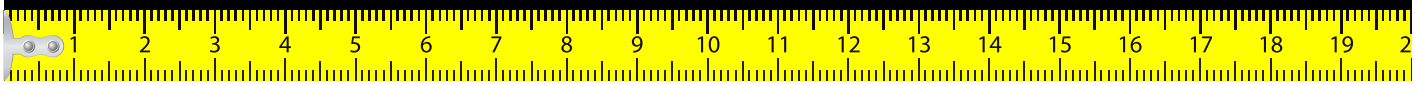
Honey Garlic Shrimp Skillet with 1/2 cup Brown Rice and 1 cup Broccoli

WORKOUTS DONE?

REST DAY*

*Choose Saturday or Sunday as your rest day.

WEEK 2 OVERVIEW



WEEK 2 PPS CHECKLIST

WEEK 2 MEALS: DAYS 8-14

Grocery Tip: Day #10 and Day #14 call for fresh fish, either purchase later in the week or keep frozen until ready to use.

WEEK 2 GROCERY LIST

WEEK 2 FITNESS PLAN: DAYS 8-14

Monday: Upper Body (Arms) + Cardio

Tuesday: Lower Body (Legs) + Cardio

Wednesday: Abs/Core + Cardio (or Rest)

Thursday: Upper Body (Back/Shoulders) + Cardio

Friday: Lower Body (Booty) + Cardio

Saturday: Yoga + Cardio (or Rest)

Sunday: Yoga + Cardio (or Rest)

FITNESS EQUIPMENT NEEDED FOR WEEK 2:

Light Dumbbells *(1-3 lbs)*

Heavy Dumbbells *(5-12 lbs)*

Resistance Band

Step *(may sub a chair, a stair step or a sturdy step stool)*

Bench *(may sub with a stability ball or lie on floor)*

Kettlebell *(may sub a single heavy dumbbell)*

Squishy Ball *(may sub a rolled-up towel, throw pillow or a soft sports ball)*

Yoga Mat *(may sub a towel)*

Pilates Ring *(may sub a squishy ball and/or resistance band)*

WEEK 2 ACCOUNTABILITY CHART (MEALS, WORKOUTS + WATER)

21-DAY SHRED: WEEK 2 PPS CHECKLIST

Use this list alongside recipes for days 8-14 to see what can be prepped for the week. Have plenty of re-sealable bags and plastic, airtight containers handy for easy, organized storage!

DAY 8:

- [ ] **Breakfast:** Prepare egg scramble (egg whites, spinach, cheese) and refrigerate in a sealed container. Slice tomato and onion and refrigerate in a resealable bag.
- [ ] **Snack:** Put one pancake in a resealable bag.
- [ ] **Lunch:** Boil 15 eggs (twelve for Day 8 Lunch, two for Day 11 Lunch, one for Day 12 Snack). Prepare egg salad and individually package three 1-cup portions (Day 8 Lunch, Day 9 Lunch, Day 13 Lunch). Portion 6 Triscuits and 1/2 cup blueberries in separate resealable bags.

DAY 9:

- [ ] **Snacks:** Assemble 9 baby carrots and 15 almonds in separate resealable bags.
- [ ] **Lunch:** Portion 6 Triscuits and 1/2 cup blueberries in separate resealable bags.
- [ ] **Supper:** Shred zucchini and carrots and refrigerate. Cook turkey meatballs. Let them cool and refrigerate. Place 5 meatballs in a separate container for Wednesday's Lunch.

DAY 10:

- [ ] **Breakfast:** You can prepare the Skinny Peaches and Cream Shake* and freeze it if desired.
- [ ] **Snack:** Assemble 9 baby carrots and 2 tablespoons plain hummus in separate sealed containers.

DAY 11:

- [ ] **Snack:** Portion 1 tablespoon natural peanut butter and 6 Triscuits in separate sealed containers.
- [ ] **Supper:** Cut chicken into 1/2-inch thick pieces. Place in resealable plastic bag or airtight container and refrigerate.

DAY 12:

- [ ] **Snacks:** Pack one egg and 1/2 cup blueberries in separate resealable bags.
- [ ] **Lunch:** Portion 6 Triscuits and 2 tablespoons plain hummus in separate sealed containers.

DAY 13:

- [ ] **Lunch:** Portion 6 Triscuits and 1/2 cup blueberries in separate resealable bags.
- [ ] **Supper:** Cook Tortilla Chicken Soup, separate 1 3/4 cups for Day 14 Lunch and refrigerate both for one hour to evenly cool, then freeze in airtight containers. **Refrigerate the night before eating to thaw, and microwave when you're ready to serve.

**To thaw, refrigerate 30-60 minutes before drinking. You may also refrigerate it up to 2 days after preparation.*
*** If you're freezing meals, don't transfer the food directly from the stovetop, slow cooker or oven to the freezer. Doing this creates hot spots and, coupled with moisture in the sealed container, it becomes grounds for harmful bacteria. After cooking the food, place it in the refrigerator for an hour before transferring it to the freezer.*

21-DAY SHRED: DAY 8 MEALS

(Total Calories for Today: 1,212)

BREAKFAST: Turkey Bacon Breakfast Sandwich (Calories: 248)

Turkey Bacon Breakfast Sandwich Ingredients:

- 1 100% whole wheat sandwich round
- 2 slices lower-sodium turkey bacon
- 1/3 cup liquid egg whites, whisked
- 1 cup spinach, chopped
- 2 tablespoons reduced-fat shredded cheddar cheese
- 1 thin slice onion
- 1 slice tomato

Instructions:

1. Microwave 2 slices of turkey bacon according to package directions.
2. Toast your sandwich round.
3. Spray a medium-size skillet with nonstick cooking spray and set over medium heat. Sauté until spinach is wilted.
4. Pour in egg whites. Scramble until eggs are cooked through. Add cheese and mix until melted.
5. Place egg mixture on top of toasted sandwich round. Top with turkey bacon, onion and tomato.

Breakfast: Turkey Bacon Breakfast Sandwich

L **SNACK 1: One LEFTOVER Vanilla Cinnamon Protein Pancake (Calories: 132)**

LUNCH: Light Egg Salad with Triscuits and Blueberries (Calories: 303)

Yields: 4 servings | Serving Size: 1 cup egg salad with 6 Triscuits and 1/2 cup blueberries

Light Egg Salad Ingredients:

- 12 eggs (6 whole, and 6 whites only after cooked)
- 1/4 cup light mayonnaise
- 1/4 cup plain, nonfat Greek yogurt
- 1/2 tablespoon yellow mustard
- 1 tablespoon no sugar added sweet relish
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 teaspoons fresh dill, chopped

Other:

- 6 Reduced-Fat Triscuit® crackers
- 1/2 cup blueberries

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 42-43 for workout details and video links!

Instructions:

1. Take the eggs out of the refrigerator for 10 minutes prior to cooking to allow them to get close to room temperature.
2. In a pot large enough to comfortably hold all of the eggs, bring water to a boil (enough water to cover the eggs at least 1 inch).
3. When the water comes to a boil, add the eggs and boil them for 3 minutes.
4. At the end of 3 minutes, remove the pot from the burner and cover it for 15 minutes.
5. Drain the eggs and submerge them in an ice bath to cool them down quickly.
6. When cooled, gently crack the large end of the egg on a hard surface and begin peeling the shell away.
7. Discard 6 of the cooked yolks, and chop up the rest of the eggs.
8. In a large mixing bowl, stir together mayonnaise, yogurt, mustard, relish, salt, black pepper, and dill. Gently fold in the chopped up eggs.
9. Chill before serving, and enjoy with 6 Triscuits and a 1/2 cup blueberries on the side.

SNACK 2: (Calories: 154)

- 1 apple
- 1 light string cheese

SUPPER: Feta Stuffed Chicken with Wild Rice and Asparagus (Calories: 375)

Yields: 4 servings | Serving Size: 1 stuffed chicken breast, 1/2 cup wild rice and 8 asparagus spears

Feta Stuffed Chicken Ingredients:

- 4 (4-ounce) boneless, skinless chicken breasts
- 1/2 teaspoon black pepper
- 1 (10-ounce) package frozen spinach, thawed
- 1 teaspoon minced garlic
- 1/2 teaspoon dried basil
- 1/3 cup reduced-fat feta cheese crumbles
- 1/2 cup Pacific® Organic Reduced Sodium Chicken Broth
- 1 tablespoon lemon juice
- 1 tablespoon light butter
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1/2 teaspoon Italian seasoning
- 8 toothpicks (for assembly)

(Instructions continued on the next page)

21-DAY SHRED: DAY 8 MEALS (CONTINUED)

Other:

- 1 (8.5-ounce) pouch long grain and wild rice
- 32 asparagus spears

Instructions:

1. Preheat the oven to 350°F. Lightly spray a casserole dish with nonstick cooking spray, set aside.
2. Place chicken breasts in a plastic bag or in between wax paper. Using a rolling pin or a meat mallet, pound chicken to about 1/4-inch thick.
3. Season both sides of the chicken with salt and black pepper, then reserve on a plate.
4. Spray a medium-size skillet with nonstick cooking spray and set over medium-low heat. Add the spinach, garlic and basil. Cook until spinach is heated through, about 8 minutes. If spinach is frozen, be sure to squeeze and drain any excess moisture after thawing.
5. Remove from heat and stir in the feta cheese.
6. Evenly distribute spinach mixture onto each chicken breast.
7. Roll the breasts up and secure the ends together with 2 toothpicks. Place the chicken in the casserole dish, seam side down.
8. Heat the same saucepan the spinach was cooked in over medium-low heat and add the chicken broth, lemon juice, butter and the remaining seasonings. Cook until butter has melted and sauce has warmed through, about 5 minutes, stirring occasionally.
9. Drizzle ½ cup of sauce over chicken and bake for 30-35 minutes or until the internal temperature of the chicken reaches 165°F.
10. Meanwhile, place water in the bottom half of a steamer pan set. Trim the dry ends off asparagus, add spears to the top half of the steamer pan set, and steam for 5-10 minutes or until asparagus is tender.
11. Cook wild rice according to package directions.
12. Serve with 1/2 cup wild rice and 8 asparagus spears, drizzling remaining sauce on top.

GET AHEAD TIPS FOR TOMORROW:

1. Assemble tomorrow's snacks to grab and go.
2. To save time for tomorrow's supper, shred zucchini (1/2 cup) and carrots (1/3 cup) tonight and store in refrigerator.

21-DAY SHRED: DAY 9 MEALS

(Total Calories for Today: 1,240)

BREAKFAST: Apple Cinnamon Oatmeal (Calories: 235)

Apple Cinnamon Oatmeal Ingredients:

- 1/2 cup whole grain plain quick oats
- 1/2 cup unsweetened almond milk
- 1/2 apple, diced
- 1/2 teaspoon cinnamon
- 1 teaspoon stevia

Instructions:

1. In a large bowl, add oats, diced apple, cinnamon, and almond milk. Stir until mixed thoroughly.
2. Microwave for 3 minutes. Stir after 1 minute and again after 2.

SNACK 1: (Calories: 175)

- 9 baby carrots
- 1 wedge The Laughing Cow® Creamy Swiss Light
- 1 banana

L LUNCH: LEFTOVER Light Egg Salad with Triscuits and Blueberries (Calories: 303)

- 1 cup egg salad with 6 Reduced-Fat Triscuit® crackers and ½ cup blueberries

SNACK 2: (Calories: 220)

- 1 (6-ounce) container plain, nonfat Greek yogurt
- 15 natural almonds
- 1 teaspoon honey

Supper: Spaghetti Squash with Turkey Meatballs

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 42-43 for workout details and video links!

SUPPER: Spaghetti Squash with Turkey Meatballs and Side Salad (Calories: 307)

Yields: 6 servings | Serving Size: 1 cup spaghetti squash, 1/2 cup pasta sauce, 5 meatballs, 1 cup lettuce (side salad) and 1 tablespoon light balsamic vinaigrette

- 1 pound lean ground turkey (90/10 minimum)
- 1 egg
- 1/3 cup Parmigiano-Reggiano cheese, grated (plus, 2-3 tablespoons more for topping)
- 1/2 cup shredded zucchini (about ½ of a large zucchini)
- 1/3 cup plain bread crumbs
- 1/3 cup finely shredded carrots
- 1 tablespoon basil
- 1 tablespoon parsley
- 2 tablespoons minced garlic
- 1 (23.25-ounce) jar low-sugar pasta sauce (look for brands with no more than 9 grams of sugar per serving)
- 2 large spaghetti squash (about 3.5 pounds total)

Other:

- 6 cups bagged lettuce (side salad)
- 6 tablespoons light balsamic vinaigrette

Instructions:

1. Preheat oven to 400°F.
2. Lightly coat a 9x13-inch casserole dishes with nonstick cooking spray. Additionaly, grab a baking sheet and line with aluminum foil; set both the baking dish and the baking sheet aside.
3. In a bowl, combine turkey, egg, cheese, carrot, zucchini, bread crumbs, basil, parsley, and garlic. Fold ingredients together with hands, but be careful not to over-mix — too much mixing can dry out your meatballs.
4. Roll meat mixture into 1-inch balls and evenly place in prepared casserole dish.
5. Meanwhile, carefully cut the top and bottom off of the squash. Then cut the squash in half lengthwise.
6. Use a spoon or an ice cream scoop to scoop out and discard seeds from the middle of each half.
7. Place squash cut sides down on the prepared baking sheet.
8. Place both the squash and meatballs in the oven and bake for about 40 minutes, or until meatballs are cooked all the way through. The internal temperature of the meatballs should reach 165°F.
9. When there is 10 minutes left of baking time, in a small saucepan, heat the pasta sauce over medium-high heat until it begins to bubble.
10. Allow squash to cool slightly. Using a fork, loosen the 'spaghetti' strands from the inside of the squash, scraping them into a colander so the excess juice can drain.
11. Serve 1 cup spaghetti squash with 1/2 cup pasta sauce, 5 turkey meatballs, 1 cup lettuce (side salad) and 1 tablespoon light balsamic vinaigrette.

GET AHEAD TIPS FOR TOMORROW:

1. Pack 1 cup spaghetti squash with 1/2 cup pasta sauce and 5 turkey meatballs for tomorrow's lunch.
2. Assemble tomorrow's snacks to grab and go.

21-DAY SHRED: DAY 10 MEALS

(Total Calories for Today: 1,201)

BREAKFAST: Peaches and Cream Smoothie (Calories: 137)

Skinny Peaches and Cream Shake Ingredients:

- 1/2 cup frozen peaches (about 6 peach slices)
- 1/3 cup unsweetened almond milk
- 1/3 cup ice cubes
- 2 tablespoons Cool Whip® Free Light Whipped Topping
- 1 scoop Skinny Mom® Vanilla Bean Protein Powder

Instructions:

1. Combine all ingredients into blender; blend to desired consistency. Add water if it is too thick.

SNACK 1: (Calories: 189)

- 9 baby carrots
- 2 tablespoons plain hummus
- 1 apple

L LUNCH: LEFTOVER Spaghetti Squash and Turkey Meatballs (Calories: 284)

- 1 cup spaghetti squash, 1/2 cup pasta sauce and 5 turkey meatballs

SNACK 2: (Calories: 200)

- 1 Quest Bar (or other nutrition bar that meets Shred bar requirements; see page 5)

SUPPER: Pan-Seared Salmon Salad with Sweet Potato (Calories: 391)

Yields: 4 servings | Serving Size: 4-ounce salmon, 2 tablespoons tomatoes, 1/4 cup cucumbers, 1 tablespoons capers, 1 tablespoon feta, 2 tablespoons light balsamic vinaigrette with 1 sweet potato and 1 teaspoon light butter

Pan-Seared Salmon Salad Ingredients:

- 5 (4-ounce) fresh salmon fillets (*This supper recipe requires 4 (4-ounce) fillets for 4 servings. The 5th fillet is being prepared for tomorrow's lunch.)
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1 tablespoon lemon juice
- 10 cups bagged salad mix (*The extra 2 cups of side salad are for tomorrow's lunch.)
- 4 roma tomatoes, diced
- 1 small cucumber, diced
- 4 tablespoons capers, chopped
- 1/4 cup reduced-fat feta cheese crumbles
- 10 tablespoons light balsamic vinaigrette (*The extra 2 tablespoons of dressing are for tomorrow's lunch.)

Supper: Pan-Seared Salmon Citrus Salad

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 42-43 for workout details and video links!

Other:

- 1 (4-ounce) fresh salmon fillet (pan fry fillet alongside tonight's dinner and refrigerate for tomorrow's lunch - see instruction #4)
- 1/8 teaspoon salt and black pepper
- 1/4 teaspoon lemon juice
- 4 medium-size sweet potatoes
- 4 teaspoons light butter

Instructions:

1. Place 4, 4-ounce salmon fillets on large plate. Drizzle lemon juice evenly over fillets. Sprinkle with salt and pepper.
2. Lightly coat a large skillet with nonstick cooking spray and set over medium heat. Add fillets skin-side down and immediately reduce heat to medium-low.
3. Pan-sear salmon for 7 minutes, flip and fry for 1 additional minute or until center temperature reaches 145°F. (Cooking times might vary depending on the thickness of each fillet.) Remove from heat and set aside.
4. Meanwhile, prepare the fifth fillet for tomorrow's lunch. Preheat oven to 350°F. Line baking sheet with foil and place fillet in the center, skin side down. Sprinkle the salmon with the salt, pepper, and lemon juice and fold the edges of the foil up over the salmon and crimp to seal. Fold the edges together on both ends to create an airtight package and bake for 30 minutes. Remove fillet from oven and let slightly cool. Place in refrigerator for tomorrow's lunch.
5. Prick sweet potatoes all over with a fork. Microwave on high for 8 to 10 minutes or until tender, turning the potatoes once.
6. In a large bowl, toss greens, diced tomatoes, cucumbers, and capers.
7. Place 2 cups of tossed greens on each plate or bowl, top with 4-ounce salmon fillet, 2 tablespoons tomatoes, 1/4 cup cucumbers, 1 tablespoon capers, 1 tablespoon feta, and 2 tablespoons light balsamic vinaigrette. Serve with one sweet potato and 1 teaspoon light butter.

GET AHEAD TIPS FOR TOMORROW:

1. Pack 1 (4-ounce) fillet, 2 cups of spring mix, 2 tablespoons feta, 2 hardboiled eggs and 2 tablespoons light balsamic vinaigrette for tomorrow's lunch.
2. Assemble tomorrow's snacks to grab and go.
3. Tomorrow's dinner has a marinating time of 3 hours — save time by preparing marinade tonight and plan accordingly.

21-DAY SHRED: DAY 11 MEALS

(Total Calories for Today: 1,283)

BREAKFAST: Turkey Bacon Breakfast Sandwich (Calories: 249)

Turkey Bacon Breakfast Sandwich Ingredients:

- 1 100% whole wheat sandwich round
- 2 slices lower-sodium turkey bacon
- 1/3 cup liquid egg whites, whisked
- 1 cup spinach, chopped
- 2 tablespoons reduced-fat shredded cheddar cheese
- 1 thin slice onion
- 1 slice tomato

Instructions:

1. Microwave 2 slices of turkey bacon according to package directions.
2. Toast your sandwich round.
3. Spray a medium-size skillet with nonstick cooking spray and set over medium heat. Sauté until spinach is wilted.
4. Pour in egg whites. Scramble until eggs are cooked through.
5. Add cheese and mix until melted.
6. Place egg mixture on top of toasted sandwich round. Top with turkey bacon, onion and tomato.

SNACK 1: (Calories: 205)

- 1 banana
- 1 tablespoon natural peanut butter

LUNCH: Baked Salmon Salad (Calories: 315)

- 1 (4-ounce) salmon fillet with 2 cups lettuce (side salad), 2 tablespoons feta, 2 hardboiled eggs and 2 tablespoons light balsamic vinaigrette

SNACK 2: (Calories: 137)

- 6 Reduced-Fat Triscuit® crackers
- 1 wedge The Laughing Cow® Creamy Swiss Light

Supper: Chicken Teriyaki and Brown Rice

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 42-43 for workout details and video links!

SUPPER: Chicken Teriyaki and Broccoli (Calories: 377)

Yields: 4 servings | Serving Size: 6 ounces Chicken Teriyaki and 1 cup broccoli

Chicken Teriyaki Ingredients:

- 1 1/2 pounds boneless, skinless chicken breasts
- 3/4 cup less-sodium soy sauce
- 2 tablespoons brown sugar
- 2 tablespoons honey
- 1 tablespoon lemon juice
- 1 tablespoon fresh grated ginger
- 1 tablespoon minced garlic
- 1 (8.8-ounce) pouch ready brown rice

Other:

- 1 (4-ounce) boneless, skinless chicken breast (bake breast alongside tonight's dinner and refrigerate for tomorrow's lunch - see instruction #3)
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 2 (10-ounce) steambags broccoli florets

Instructions:

1. Pound the chicken breasts to ½-inch thickness. You can do this by placing the chicken in a large resealable plastic bag and evenly pounding them with the back of a rolling pin (don't seal the bag completely or the bag will pop like a balloon when you pound it). Take chicken out of bag and cut into bite-size cubes. Place chicken back in bag.
2. To make the marinade, whisk soy sauce, brown sugar, honey, lemon juice, ginger and garlic in a small bowl. Pour marinade in the bag with the chicken. Marinate in the fridge for at least 3 hours.
3. Meanwhile, prepare the chicken breast for tomorrow's lunch. Preheat oven to 400°F. Spray a rimmed baking sheet with nonstick cooking spray or line with foil. Season chicken breast with 1/8 teaspoon salt and 1/8 teaspoon black pepper. Place on baking sheet and cook for 30 minutes. Remove breast from oven and let slightly cool. Place in refrigerator for tomorrow's lunch.
4. Spray a large skillet with nonstick cooking spray and set over medium heat. Using a slotted spoon, remove chicken from marinade and place in skillet. DON'T THROW AWAY MARINADE. Cook chicken until slightly brown and cooked through, about 5-7 minutes. Remove chicken and set aside.
5. In the same skillet, add the marinade. Bring to a boil, cover with lid, reduce temperature to a simmer for 5 minutes. Stir occasionally.
6. Remove lid, increase heat to medium-high and stir frequently until marinade becomes a dark, thick syrup, about 7-10 minutes. Be careful not to burn the marinade. Meanwhile, microwave rice and broccoli according to package directions.
7. Return the chicken to the skillet. Stir to coat chicken evenly with the sauce. Serve 6 ounces of chicken on top of 1/2 cup brown rice along with 1 cup of broccoli.

GET AHEAD TIPS FOR TOMORROW:

1. Pack the extra chicken breast for tomorrow's lunch. Assemble the rest of the sandwich ingredients and tomorrow's snacks to grab and go.

21-DAY SHRED: DAY 12 MEALS

(Total Calories for Today: 1,265)

BREAKFAST: Apple Cinnamon Oatmeal (Calories: 235)

Apple Cinnamon Oatmeal Ingredients:

- 1/2 cup whole grain plain quick oats
- 1/2 cup unsweetened almond milk
- 1/2 apple, diced
- 1/2 teaspoon cinnamon
- 1 teaspoon stevia

Instructions:

1. In a large bowl, add oats, diced apple, cinnamon, and almond milk. Stir until mixed thoroughly.
2. Microwave for 3 minutes. Stir after 1 minute and again after 2.

SNACK 1: (Calories: 110)

- 1 light string cheese
- 1 hardboiled egg

LUNCH: Chicken Sandwich with Triscuits and Hummus (Calories: 403)

Chicken Sandwich Ingredients:

- 1 100% whole wheat sandwich round
- 4-ounce chicken breast, cooked
- 1 tomato slice
- 2 tablespoons avocado

Other:

- 6 Reduced-Fat Triscuit® crackers
- 2 tablespoons plain hummus

Instructions:

1. Mash avocado onto round using fork.
2. Layer chicken and tomato slice on top.
3. Enjoy with 6 Triscuits and 2 tablespoons hummus.

SNACK 2: (Calories: 140)

- 1 (6-ounce) container plain, nonfat Greek yogurt
- 1/2 cup blueberries

SUPPER: Flank Steak with Wild Rice and Stir-Fry Veggies (Calories: 377)

Yields: 4 servings | Serving Size: 4 ounces flank steak, ½ cup wild rice and 1 cup stir-fry veggies

Flank Steak Ingredients:

- 16 ounces flank steak, cut into strips
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Other:

- 1 (8.5-ounce) pouch wild rice
- 2 (16-ounce) steambags broccoli stir-fry vegetables

Instructions:

1. Spray a large skillet with nonstick cooking spray and set over medium heat.
2. Season flank steak strips evenly with salt and pepper and add to skillet.
3. Heat one side for 2-3 minutes then flip for another 2-3 minutes or until desired doneness.
4. Meanwhile, microwave wild rice and stir-fry veggies according to package directions.
5. Remove steak from skillet and place on a paper towel lined plate. Lightly dab the strips with another paper towel to remove any excess fat.
6. Serve 4 ounces of flank steak with 1/2 cup wild rice and 1 cup stir-fry veggies.

Snack 2: Plain Greek Yogurt with Blueberries

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 42-43 for workout details and video links!

GET AHEAD TIPS FOR TOMORROW:

1. Prepare tomorrow's breakfast pancake batter tonight to save time tomorrow morning.
2. Assemble tomorrow's lunch and snacks to grab and go.
3. Tomorrow's dinner is a slow cooker recipe. Plan accordingly.

21-DAY SHRED: DAY 13 MEALS

(Total Calories for Today: 1,268)

BREAKFAST: Quinoa Banana Pancakes (Calories: 304)

Yields: 4 servings | Serving Size: 3 pancakes with 2 tablespoons sugar-free maple syrup

Quinoa Banana Pancakes Ingredients:

- 1 cup cooked quinoa, cooled
- 1 cup skim milk
- 1 1/3 cup white whole wheat flour
- 1 tablespoon brown sugar
- 2/3 cup liquid egg whites
- 2 bananas, mashed
- 1 teaspoon vanilla
- 1 tablespoon stevia

Other:

- 8 tablespoons sugar-free maple syrup

Instructions:

1. Cook quinoa according to package directions. Allow it to cool slightly.
2. In a large bowl, combine quinoa, milk, wheat flour and brown sugar.
3. In a small bowl, mash bananas and stir in vanilla and stevia. Add to quinoa mixture.
4. In a medium-size bowl, beat egg whites on low speed until they are fluffy. This might take 2-3 minutes.
5. Using a spatula, fold egg whites into quinoa mixture.
6. Spray a medium-size skillet with nonstick cooking spray and place over medium heat.
7. Using a 1/3 measuring cup, pour batter into skillet. Flip each pancake after 3-4 minutes on each side or until batter starts to bubble.
8. Top 3 pancakes with 2 tablespoons maple syrup.

Supper: Tortilla Chicken Soup

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 42-43 for workout details and video links!

SNACK 1: (Calories: 50)

- 1 light string cheese

L LUNCH: LEFTOVER Light Egg Salad with Triscuits and Blueberries (Calories: 303)

- 1 cup egg salad with 6 Reduced-Fat Triscuit® crackers and 1/2 cup blueberries

SNACK 2: (Calories: 304)

- 1 apple
- 2 tablespoons natural peanut butter

SUPPER: Tortilla Chicken Soup with Side Salad (Calories: 307)

Yields: 6 servings | Serving Size: 1 3/4 cups soup, 1 cup lettuce (side salad) and 1 tablespoon light balsamic vinaigrette

Tortilla Chicken Soup Ingredients:

- 1 pound boneless, skinless chicken breasts
- 1 small onion, diced
- 1 (15-ounce) can reduced-sodium black beans, rinsed and drained
- 1 (12-ounce) bag frozen yellow corn
- 1 (8-ounce) can tomato sauce
- 2 (10-ounce) cans Ro*Tel® Original Mild Diced Tomatoes & Green Chilies
- 1 (4.5-ounce) can chopped green chilies
- 1 (1-ounce) less-sodium taco seasoning packet
- 1 (32-ounce) box Pacific® Organic Low Sodium Chicken Broth

Other:

- 6 cups bagged lettuce mix (side salad)
- 6 tablespoons light balsamic vinaigrette

Instructions:

1. Place the chicken on the bottom of slow cooker.
2. Add the onion, black beans, corn, tomato sauce, diced tomatoes, green chilies, taco seasoning, and chicken broth. Stir to combine.
3. Cover and cook for 4 hours on high or 8 hours on low.
4. Remove the chicken and shred. Return the shredded chicken to the slow cooker and mix well.
5. To serve, ladle 1 3/4 cups soup into each bowl and enjoy with 1 cup lettuce (side salad) and 1 tablespoon light balsamic vinaigrette.

GET AHEAD TIPS FOR TOMORROW:

1. Refrigerate 1 3/4 cup of Tortilla Chicken Soup for tomorrow's lunch. If there are no leftovers from tonight's dinner, tomorrow's lunch can be a convenience meal.
2. Assemble tomorrow's snacks to grab and go.

21-DAY SHRED: DAY 14 MEALS

(Total Calories for Today: 1,210)

BREAKFAST: Egg Scramble with Turkey Bacon (Calories: 214)

Egg Scramble Ingredients:

- 1/3 cup liquid egg whites + 1 egg
- 1/2 cup spinach
- 1/4 cup grape tomatoes, diced
- 2 tablespoons avocado
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

Other:

- 2 slices lower-sodium turkey bacon

Instructions:

1. Spray a medium-size skillet with nonstick cooking spray and set to medium heat.
2. In a small bowl, whisk egg, egg whites, salt and pepper.
3. Pour eggs into skillet and scramble.
4. Add in spinach and grape tomatoes and continue to scramble.
5. Microwave turkey bacon according to package directions.
6. Once eggs are cooked to your liking, top with avocado and enjoy with 2 slices of turkey bacon.

SNACK 1: (Calories: 137)

- 6 Reduced-Fat Triscuit® crackers
- 1 wedge The Laughing Cow® Creamy Swiss Light

L LUNCH: LEFTOVER Tortilla Chicken Soup (Calories: 284)

- 1 3/4 cups Tortilla Chicken Soup

SNACK 2: (Calories: 205)

- 1 banana
- 1 tablespoon natural peanut butter

SUPPER: Skinny Tilapia Lettuce Wraps with Asparagus (Calories: 370)

Yields: 4 servings | Serving Size: 2 tilapia wraps and 8 asparagus spears

Skinny Tilapia Lettuce Wraps Ingredients:

- 1 small onion, diced
- 2 tablespoons minced garlic
- 2 pounds tilapia fillets
- 1 serrano pepper, diced and seeded
- 2 tablespoons jalapeños, diced
- 2 cups diced tomatoes
- 1/4 cup chopped fresh cilantro
- 1 lime, juiced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 8 large romaine leaves
- 1 avocado, thinly sliced

Other:

- 32 asparagus spears

Instructions:

1. Spray a large skillet with nonstick cooking spray and set over medium heat. Add onion and garlic. Cook for 2 minutes.
2. Add tilapia to skillet and cook 3-4 minutes on both sides until fish turns white.
3. Break up fish into small pieces with a spatula and mix with onions and garlic.
4. Meanwhile, place water in the bottom half of a steamer pan set. Trim the dry ends off asparagus, add spears to the top half of the steamer pan set, and steam for 5-10 minutes or until asparagus is tender.
5. Add serrano pepper, diced jalapeños, tomatoes, cilantro, lime juice, salt and pepper to skillet with tilapia. Stir. Cook for another 3-5 minutes.
6. Arrange lettuce leaves on a plate. Spoon 1/3 cup fish mixture down the center of each leaf and serve with 8 asparagus spears.

Supper: Skinny Tilapia Lettuce Wraps

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 42-43 for workout details and video links!

GET AHEAD TIPS FOR TOMORROW:

1. Prepare Frozen Blueberry Yogurt Bites tonight for tomorrow's snack and place in freezer.

WEEK 2 GROCERY LIST

The following grocery list contains every ingredient for every meal listed for **WEEK 2** of the 21-Day Shred. Check your pantry before visiting the grocery store and cross off items that you already have. Pre-workout meal suggestions are **NOT** included on the grocery list. Please review the Pre-Workout Meals on page 13 and add your selections as needed.

X	AMOUNT	ITEM
FRESH PRODUCE		
	1 container (need 2½ cups)	Spinach
	3 whole	Onions
	3 whole	Tomatoes
	1 container	Fresh Dill
	2 pints (need 2 cups)	Blueberries
	4 whole	Apples
	64 spears	Asparagus
	1 whole	Zucchini
	1 whole	Carrot
	2 whole	Large Spaghetti Squash
	2 (12-ounce) bags (need 22 cups)	Bagged Salad Mix
	8 whole	Large Romaine Lettuce Leaves
	1 bag (need 27 carrots)	Baby Carrots
	5 whole	Roma Tomatoes
	1 whole	Cucumber
	1 tube (need 1 Tbsp)	Grated Ginger
	2 whole	Avocados
	1 container	Grape Tomatoes
	1 whole	Serrano Pepper
	1 whole	Jalapeño Pepper
	1 bunch	Fresh Cilantro
	5 whole	Bananas
	4 whole	Medium-Size Sweet Potatoes
CONDIMENTS, CANNED, BOTTLED + PACKAGED		
	1 jar	Light Mayonnaise
	1 bottle	Yellow Mustard
	1 jar	Mt. Olive® No Sugar Added Sweet Relish
	1 box (need 36 crackers)	Reduced-Fat Triscuit® Crackers
	1 container	Minced Garlic

	2 (32-ounce) cartons	Pacific® Organic Reduced-Sodium Chicken Broth
	1 bottle	Lemon Juice
	1 container (need 15 almonds)	Natural Almonds
	1 container	Plain Bread Crumbs
	1 (23.25-ounce) jar	Low-Sugar Pasta Sauce (9 grams of sugar or lower)
	1 bottle	Light Balsamic Vinaigrette
	1 canister	Skinny Mom® Vanilla Bean Protein Powder
	1 container	Plain Hummus
	1 jar	Capers
	1 container	Natural Peanut Butter (or any nut butter)
	1 bottle	Less-Sodium Soy Sauce
	1 bag	Quinoa
	1 bottle	Sugar-Free Maple Syrup
	1 (15-ounce) can	Reduced-Sodium Black Beans
	1 (8-ounce) can	Tomato Sauce
	2 (10-ounce) cans	Ro*Tel® Original Mild Diced Tomatoes & Green Chilies
	1 (4.5-ounce) can	Chopped Green Chilies
	1 bar	Quest Bar
FROZEN		
	1 (10-ounce) package	Frozen Spinach
	1 bag (need ½ cup)	Frozen Peaches
	2 (16-ounce) steambags	Frozen Broccoli Stir-Fry Vegetables
	1 (12-ounce) bag	Frozen Yellow Corn
	1 container	Cool Whip® Free
	2 (10-ounce) steambags	Frozen Broccoli Florets
DAIRY		
	1 (16-ounce) carton (need 1 2/3 cups)	Liquid Egg Whites
	1 bag	Reduced-Fat Shredded Cheddar Cheese
	17 whole	Large Eggs
	3 (6-ounce) containers	Plain, Nonfat Greek Yogurt
	1 package (need 3 sticks)	Light String Cheese
	1 container	Reduced-Fat Feta Cheese Crumbles
	1 small block (need ½ cup, grated)	Parmigiano-Reggiano Cheese
	1 container (need 3 wedges)	The Laughing Cow® Creamy Light Swiss
	1 carton	Skim Milk
	1 container	Light Butter
	1 carton	Unsweetened Almond Milk
MEAT, POULTRY + SEAFOOD		
	1 package (need 6 slices)	Lower-Sodium Turkey Bacon

	3 ¾ pounds	Boneless, Skinless Chicken Breasts
	1 pound	Lean Ground Turkey (90/10)
	5 (4-ounce) fillets	Salmon
	1 pound	Flank Steak
	2 pounds	Tilapia Fillets
BREADS, GRAINS, CEREALS + PASTAS		
	1 package (need 3 rounds)	100% Whole Wheat Sandwich Rounds
	2 (8.5-ounce) pouches	Wild Rice
	1 (8.8-ounce) pouch	Brown Rice
	1 container	Whole Grain Quick Oats
BAKING		
	1 bottle	Honey
	1 bag	Brown Sugar
	1 bag	White Whole Wheat Flour
	1 bottle	Vanilla
	1 bag	Stevia
SEASONINGS, SPICES + OTHER		
	1 container	Salt
	1 container	Black Pepper
	1 container	Cinnamon
	1 container	Basil
	1 container	Garlic Powder
	1 container	Oregano
	1 container	Parsley
	1 container	Italian Seasoning
	1 box	Toothpicks
	1 packet	Less-Sodium Taco Seasoning

21-DAY SHRED: WEEK 2 FITNESS PLAN

All workouts should be completed in adherence to the instructions. Most of the videos will be completed more than one time through for a full workout! Workouts range from 35-60 minutes but can be adjusted depending on fitness level. Make sure to print out the **Week 2 Accountabilty Chart** on page 44 to check off your workouts as you complete them!

Some of the videos included on the Shred do not include both warm up and cool downs. We recommend including a warm up and a cool down for each workout session.

Need a quick warm up video?
Try this awesome 5 minute warm up: http://www.skinnymom.com/basic-warm-up-video/.
Need a some stretches to help you cool down and lengthen your musles?
Try this stretch series: http://www.skinnymom.com/9-ways-to-stretch-your-hip-flexors/.

DAY 8: 30/20/10 ARM BOOTCAMP VIDEO (1X) + 6 MOVES FOR A SIX-PACK VIDEO (3X)

- *Focus: upper body (arms) + cardio*
- *Estimated time: 55 minutes*
- *Equipment needed: a set of light (1-3 lbs) and heavy (5-12 lbs) dumbbells*
- *Substitutions: none*

> 30/20/10 Arm Bootcamp: Complete 1 round
http://www.skinnymom.com/302010-arm-bootcamp/

> 6 Moves for a Six-Pack: Complete 3 rounds
http://www.skinnymom.com/6-moves-for-a-6-pack-video/

DAY 9: KILLER LEG CIRCUIT VIDEO (3X) + 7½-MINUTE FAT BLASTER VIDEO (2X)

- *Focus: lower body (legs) + cardio*
- *Estimated time: 45 minutes*
- *Equipment needed: dumbbells, step*
- *Substitutions: A chair may be used instead of a step.*

> Killer Leg Circuit: Complete 3 rounds
http://www.skinnymom.com/killer-leg-circuit-video/

> 7½-Minute Fat Blaster: Complete 2 rounds
http://www.skinnymom.com/7%C2%BD-minute-fat-blaster-video/

DAY 10*: BEGINNER TABATA WORKOUT (1X) + BUST THE BULGE AB WORKOUT VIDEO (2X)

- *Focus: abs/core + cardio*
- *Estimated time: 50 minutes*
- *Equipment needed: none*
- *Substitutions: none*

> Beginner Tabata Workout: Complete 1 round
http://www.skinnymom.com/20-minute-beginner-tabata-workout-video/

> Bust the Bulge Ab Workout: Complete 2 rounds
http://www.skinnymom.com/bust-the-bulge-ab-workout-video/

21-DAY SHRED: FITNESS PLAN - WEEK 2

DAY 11: SHOW OFF YOUR SHOULDERS VIDEO (1X) + HIGH ENERGY STEP VIDEO (1X)

- *Focus: upper body (shoulders) + cardio*
- *Estimated time: 50 minutes*
- *Equipment needed: resistance band, bench, kettlebell, squishy ball*
- *Substitutions: You may sub a dumbbell instead of a kettlebell. A rolled up towel, sports ball or a throw pillow instead of a squishy ball. The bench may be replaced by a step or stair in your home.*

> Show Off Your Shoulders: Complete 1 round
http://www.skinnymom.com/show-off-your-shoulders-workout-video/

> High Energy Step Workout: Complete 1 round
http://www.skinnymom.com/high-energy-step-workout-video/

DAY 12: TUMMY AND THIGH TONER VIDEO (1X) + 7½-MINUTE FAT BLASTER (2X)

- *Focus: lower body (booty) + cardio*
- *Estimated time: 40 minutes*
- *Equipment needed: pilates ring or squishy ball and resistance band*
- *Substitutions: Use a rolled up towel, sports ball or throw pillow in place of a squishy ball. The squishy ball and resistance band can replace the pilates ring.*

> Tummy and Thigh Toner: Complete 1 round
http://www.skinnymom.com/summer-body-shaper-tummy-and-thigh-toner-video/

> 7½-Minute Fat Blaster: Complete 2 rounds
http://www.skinnymom.com/7%C2%BD-minute-fat-blaster-video/

DAY 13/DAY 14**: BEGINNER TABATA VIDEO (1X) + FLAT BELLY FLOW VIDEO (1X)

- *Focus: yoga + cardio*
- *Estimated time: 50 minutes*
- *Equipment needed: yoga mat*
- *Substitutions: Use a towel instead of a yoga mat.*

> Beginner Tabata Workout: Complete 1 round
http://www.skinnymom.com/20-minute-beginner-tabata-workout-video/

> Flat Belly Flow: Complete 1 round
http://www.skinnymom.com/yoga-for-a-flat-belly-video/

**Note: This can be a rest day if needed.*

*** Select one day to complete your cardio/yoga routine as described. The other day is an active rest day.*

21-DAY SHRED: WEEK 2 ACCOUNTABILITY CHART

DAY 8

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Turkey Bacon Breakfast Sandwich

1 Leftover Vanilla Cinnamon Pancake

Light Egg Salad with 6 Triscuits and 1/2 cup Blueberries

1 Apple and 1 Light String Cheese

Feta Stuffed Chicken with 1/2 cup Wild Rice and 8 Asparagus spears

WORKOUTS DONE?

- ☐ **ARMS** YES, I ROCKED IT!
- ☐ **CARDIO** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 9

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Apple Cinnamon Oatmeal

9 Baby Carrots with 1 Laughing Cow Cheese Wedge and 1 Banana

Leftover Light Egg Salad with 6 Triscuits & 1/2 cup Blueberries

Plain Greek Yogurt with 15 Almonds and 1 teaspoon Honey

Spaghetti Squash with 5 Turkey Meatballs & Side Salad

WORKOUTS DONE?

- ☐ **LEGS** YES, I ROCKED IT!
- ☐ **CARDIO** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 10

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Peaches and Cream Smoothie

9 Baby Carrots with 2 tablespoons Hummus and 1 Apple

Leftover Spaghetti Squash with 5 Turkey Meatballs

1 Quest Bar

Pan-Seared Salmon Salad with 1 Sweet Potato

WORKOUTS DONE?

- ☐ **ABS/CORE** YES, I ROCKED IT!
- ☐ **CARDIO** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 11

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Turkey Bacon Breakfast Sandwich

1 Banana and 1 tablespoon PB

Baked Salmon Salad

6 Triscuits and 1 Laughing Cow Cheese Wedge

Chicken Teriyaki and 1 cup Broccoli

WORKOUTS DONE?

- ☐ **SHOULDERS** YES, I ROCKED IT!
- ☐ **CARDIO** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 12

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Apple Cinnamon Oatmeal

1 Hardboiled Egg and 1 Light String Cheese

Chicken Sandwich w/ 6 Tricuits and 2 tablespoons Hummus

Plain Greek Yogurt with 1/2 cup Blueberries

Flank Steak with 1/2 cup Wild Rice and 1 cup Stir-Fry Veggies

WORKOUTS DONE?

- ☐ **BOOTY** YES, I ROCKED IT!
- ☐ **CARDIO** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 13

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Quinoa Banana Pancakes with 2 tablespoons SF Maple Syrup

1 Light String Cheese

Leftover Light Egg Salad with 6 Triscuits and 1/2 cup Blueberries

1 Apple and 2 tablespoons PB

Tortilla Chicken Soup with Side Salad

WORKOUTS DONE?

- ☐ **YOGA** YES, I ROCKED IT!
- ☐ **CARDIO** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 14

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Egg Scramble with 2 slices Turkey Bacon

6 Triscuits and 1 Laughing Cow Cheese Wedge

Leftover Tortilla Chicken Soup

1 Banana and 1 tablespoon PB

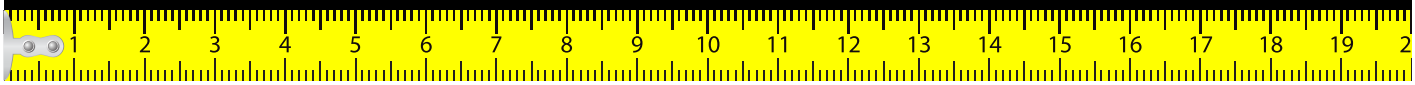
Skinny Tilapia Lettuce Wraps with 8 Asparagus Spears

WORKOUTS DONE?

REST DAY*

*Choose Saturday or Sunday as your rest day.

WEEK 3 OVERVIEW



WEEK 3 PPS CHECKLIST

WEEK 3 MEALS: DAYS 15-21

WEEK 3 GROCERY LIST

WEEK 3 FITNESS PLAN: DAYS 15-21

Monday: Upper Body (Arms) + Cardio

Tuesday: Lower Body (Legs) + Cardio

Wednesday: Total Body (or Rest)

Thursday: Upper Body (Back/Shoulders) + Cardio

Friday: Lower Body (Booty) + Cardio

Saturday: Yoga + Cardio (or Rest)

Sunday: Yoga + Cardio (or Rest)

FITNESS EQUIPMENT NEEDED FOR WEEK 3:

Dumbbells

Resistance Band

Chair

Jump Rope *(or no equipment)*

Slam Ball *(mimic the movement of the exercise with a slam ball without equipment)*

Body Bar *(may sub dumbbells)*

Interval Timer *(use a time app on smartphone)*

Step *(may sub a chair, a stair step or a sturdy step stool)*

Bench *(may sub with a stability ball or lie on floor)*

Kettlebell *(may sub a single heavy dumbbell)*

Squishy Ball *(may sub a rolled-up towel, throw pillow or a soft sports ball)*

WEEK 3 ACCOUNTABILITY CHART (MEALS, WORKOUTS + WATER)

21-DAY SHRED: WEEK 3 PPS CHECKLIST

Use this list alongside recipes for days 15-21 to see what can be prepped for the week. Have plenty of resealable bags and plastic, airtight containers handy for easy, organized storage!

DAY 15

- [ ] **Snack:** Prepare Frozen Blueberry Yogurt Bites, separate into three 12-13 blueberry portions (for Snacks on Days 15, 17, 19) and freeze in resealable bags. Portion 11 almonds in resealable bag.
- [ ] **Supper:** Cook Lean Turkey Chili and separate four 1-cup servings for Day 15 Supper, four 1-cup servings for Day 16 Supper and one 1-cup serving for Day 17 Lunch. Please note: If more than four people will be eating this meal, adjust the recipe or plan accordingly.

DAY 16:

- [ ] **Breakfast:** You can prepare the Skinny Peaches and Cream Shake and freeze it if desired*.
- [ ] **Snack:** Portion 1 cup grapes and 1 cup raspberries in separate resealable bags. Portion 1/2 cup Cool Whip Free in sealed container.
- [ ] **Lunch:** Boil 3 eggs (two for Day 16 Lunch and one for Day 21 Snack).

DAY 17:

- [ ] **Breakfast:** Portion 1 cup raspberries and 8 almonds in separate resealable bags.
- [ ] **Snack:** Portion 1/2 cup cottage cheese and 1/2 tomato (diced) in separate sealed containers. Assemble 11 almonds in resealable bag.
- [ ] **Supper:** Prepare chicken with jerk seasoning (following instructions 2-3 on page 50), separate 4 breasts for supper and 1 breast for Day 18 Lunch. Allow both to cool and refrigerate in separate resealable bags. You can also prepare the Mango Salsa (following instruction 1 on page 50) and refrigerate in a sealed container.

DAY 18:

- [ ] **Snack:** Portion 1 cup raspberries and 1/2 cup Cool Whip Free in sealed container.
- [ ] **Lunch:** Portion 9 baby carrots in resealable bag.
- [ ] **Snack:** You can prepare the PB&J Protein Smoothie and freeze it if desired*.

DAY 19:

- [ ] **Snack:** Portion 1/2 cup grapes in resealable bag.

DAY 20:

- [ ] **Snack:** Portion 1 cup grapes, 1/2 cup cottage cheese & 1/2 tomato (diced) in separate sealed containers.
- [ ] **Supper:** Cook Slow Cooker Pepperoni and Chicken and refrigerate for one hour to evenly cook, then freeze in an airtight container. **Refrigerate the night before eating to thaw, and microwave when you're ready to serve.

DAY 21:

- [ ] **Snack:** Portion 1 cup grapes and 1/2 cup cottage cheese in separate sealed containers.

**To thaw, refrigerate 30-60 minutes before drinking. You may also refrigerate it up to 2 days after preparation.*
*** If you're freezing meals, don't transfer the food directly from the stovetop, slow cooker or oven to the freezer. Doing this creates hot spots and, coupled with moisture in the sealed container, it becomes grounds for harmful bacteria. After cooking the food, place it in the refrigerator for an hour before transferring it to the freezer.*

21-DAY SHRED: DAY 15 MEALS

(Total Calories for Today: 1,200)

BREAKFAST: Apple Cinnamon Oatmeal (Calories: 235)

Apple Cinnamon Oatmeal Ingredients:

- 1/2 cup whole grain plain quick oats
- 1/2 cup unsweetened almond milk
- 1/2 apple, diced
- 1/2 teaspoon cinnamon
- 1 teaspoon stevia

Instructions:

1. In a large bowl, add oats, diced apple, cinnamon, and almond milk. Stir until mixed thoroughly.
2. Microwave for 3 minutes. Stir after 1 minute and again after 2.

SNACK 1: Quest Bar (Calories: 200)

LUNCH: Light and Easy BLT Wrap and Cottage Cheese (Calories: 259)

Light and Easy BLT Wrap Ingredients:

- 2 slices lower-sodium turkey bacon
- 1 Flatout® Light Original Flatbread
- 1/2 tablespoon light mayonnaise
- 2 lettuce leaves
- 2 tomato slices

Other:

- 1/2 cup low-fat cottage cheese
- salt and black pepper, to taste

Instructions:

1. Microwave turkey bacon according to package directions.
2. To assemble the wraps: spread 1/2 tablespoon of mayonnaise on wrap and layer 2 lettuce leaves, 2 slices of bacon, and 2 slices of tomato. Enjoy with 1/2 cup cottage cheese sprinkled with salt and pepper.

Lunch: Light and Easy BLT Wrap

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 58-59 for workout details and video links!

SNACK 2: Frozen Blueberry Yogurt Bites and Almonds (Calories: 202)

Yields: 10 servings | Serving Size: 12-13 Frozen Blueberry Bites

Frozen Blueberry Yogurt Bites Ingredients:

- 1 pint blueberries
- 1 cup vanilla, nonfat Greek yogurt
- 1 tablespoon stevia

Other:

- 24 natural almonds

Instructions:

1. Line a baking sheet with parchment paper or a nonstick mat, and set aside.
2. In a medium-size mixing bowl, stir together the yogurt and sweetener.
3. Working in 2 batches, gently fold in the blueberries to coat in the yogurt. Scoop them up with a fork and tap the excess yogurt off.
4. Place the blueberries on the baking sheet, being careful not to have them touch.
5. Freeze the baking sheet until the blueberries are completely frozen, about 1 hour.
6. Store leftovers in an airtight container in the freezer to use during the week for snacks.
7. Enjoy 12-13 frozen bites for snack 2 with 11 almonds.

SUPPER: Lean Turkey Chili and Broccoli (Calories: 304)

Yields: 9 servings (4 servings for tonight's supper; 4 servings for tomorrow's supper and 1 lunch serving on Day 17) | Serving Size: 1 cup turkey chili and 1 cup broccoli

Lean Turkey Chili Ingredients:

- 1 tablespoon minced garlic
- 1 onion, diced
- 1 pound lean ground turkey (90/10 minimum)
- 1 (14.5-ounce) can pinto beans, drained and rinsed
- 1 (14.5-ounce) can reduced-sodium black beans, drained and rinsed
- 1 (14.5-ounce) can red kidney beans, drained and rinsed
- 2 (14.5-ounce) cans no salt added diced tomatoes
- 2 cups Pacific® Organic Low Sodium Chicken Broth
- 1 (6-ounce) can tomato paste
- 2 tablespoons chili powder
- 2 tablespoons cumin
- 1 tablespoon paprika
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/2 teaspoon cinnamon

Other:

- 2 (10-ounce) steambags broccoli florets

(Instructions continued on the next page)

21-DAY SHRED: DAY 15 MEALS (CONTINUED)

Instructions:

1. Coat a large skillet with nonstick cooking spray and set over medium-high heat. Add onion and garlic and cook until onions are translucent.
2. Add turkey, salt, and pepper to skillet and cook for 6-8 minutes, until browned. Use a wooden spoon to break the turkey up as it cooks.
3. Heat a large stockpot over medium-high heat. Add the cooked turkey mixture and the rest of the ingredients. Bring to a boil over high heat.
4. Reduce the heat and simmer uncovered for 15 to 20 minutes.
5. Microwave broccoli according to package directions. Enjoy 1 cup turkey chili with 1 cup steamed broccoli.

GET AHEAD TIPS FOR TOMORROW:

1. Refrigerate 4 cups Lean Turkey Chili for tomorrow's supper and 1 cup Lean Turkey Chili for for Day 17 Lunch.
2. Boil 3 eggs to have throughout the week. Assemble tomorrow's lunch and snacks to grab and go.

21-DAY SHRED: DAY 16 MEALS

(Total Calories for Today: 1,228)

BREAKFAST: PB&J Protein Smoothie (Calories: 210)

PB&J Protein Smoothie Ingredients:

- 1 scoop Skinny Mom® Vanilla Bean Protein Powder
- 1 tablespoon natural peanut butter
- 1 tablespoon all-natural, low-sugar strawberry preserves
- 3/4 cup unsweetened almond milk
- 2 teaspoons stevia
- 1/2 cup ice cubes

Instructions:

1. Place all ingredients in blender and blend until desired consistency.

Breakfast: PB&J Protein Smoothie

SNACK 1: (Calories: 154)

- 1 cup grapes
- 1 light string cheese

LUNCH: Light and Easy BLT Wrap and Hardboiled Eggs (Calories: 324)

Light and Easy BLT Wrap Ingredients:

- 2 slices lower-sodium turkey bacon
- 1 Flatout® Light Original Flatbread
- 1/2 tablespoon light mayonnaise
- 2 lettuce leaves
- 2 tomato slices

Other:

- 2 hardboiled eggs

Instructions:

1. Microwave turkey bacon according to package directions.
2. To assemble the wraps: spread 1/2 tablespoon of mayonnaise on wrap and layer 2 lettuce leaves, 2 slices of bacon, and 2 slices of tomato. Enjoy with 2 hardboiled eggs on the side.

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 58-59 for workout details and video links!

SNACK 2: (Calories: 144)

- 1 cup raspberries
- 1/2 cup Cool Whip® Free Light Whipped Topping

L

SUPPER: LEFTOVER Lean Turkey Chili and Broccoli (Calories: 396)

- 4 cups turkey chili (1 cup per person)
- 2 (10-ounce) steambags broccoli florets (1 cup per person)

GET AHEAD TIPS FOR TOMORROW:

1. Prepare tomorrow's Overnight Oats breakfast (see Day 17 for Night Before Instructions).
2. Microwave 1/2 medium-size baked potato for tomorrow's lunch and pack with 1 cup leftover Lean Turkey Chili. If there are no leftovers, tomorrow's lunch can be a convenience meal.

21-DAY SHRED: DAY 17 MEALS

(Total Calories for Today: 1,202)

BREAKFAST: Overnight Oats (Calories: 429)

Overnight Oats Ingredients:
- 1/2 cup whole grain plain quick oats
- 1/2 cup plain, nonfat Greek yogurt
- 1/2 cup unsweetened almond milk
- 1 tablespoon honey

Other:
- 1 cup raspberries
- 8 natural almonds

Night Before Instructions:
1. Combine ingredients in small reusable bowl with lid.
2. Stir ingredients until mixed thoroughly.
3. Refrigerate overnight.

Morning Instructions:
1. Heat overnight oats in microwave and top with raspberries and almonds.

SNACK 1: (Calories: 101)
- 1/2 cup low-fat cottage cheese
- 1/2 tomato, diced
- salt and black pepper, to taste

Supper: Caribbean Jerk Chicken with Mango Salsa

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 58-59 for workout details and video links!

L **LUNCH: LEFTOVER Lean Turkey Chili Over Baked Potato (Calories: 326)**
- 1 cup lean turkey chili
- 1/2 medium-size baked potato

Instructions:
1. Prick whole potato all over with a fork. Microwave on high for 5 to 6 minutes or until tender, turning the potato once.
2. Cut potato in half and ladle 1 cup of leftover Lean Turkey Chili on top.

L **SNACK 2: (Calories: 111)**
- 12-13 LEFTOVER Frozen Blueberry Yogurt Bites
- 11 natural almonds

SUPPER: Caribbean Jerk Chicken with Asparagus and Side Salad (Calories: 235)

Yields: 4 servings | Per Serving: 4-ounce chicken breast, 1/4 cup mango salsa, 1 cup lettuce (side salad), and 1 tablespoon light balsamic vinaigrette

Caribbean Jerk Chicken Ingredients:
- 5 (4-ounce) boneless, skinless chicken breasts (*This dinner serves 4. The fifth chicken breast is for tomorrow's lunch.)
- 2 tablespoons Caribbean Jerk seasoning

Mango Salsa Ingredients:
- 1 fresh ripe mango, peeled and diced
- 1/2 cup diced red onion
- 1 roma tomato, diced
- 2 tablespoon finely chopped fresh cilantro
- 1 teaspoon lime zest
- 2 teaspoon lime juice
- 1/4 teaspoon salt

Other:
- 32 asparagus spears
- 4 cups bagged lettuce (side salad)
- 4 tablespoons light balsamic vinaigrette

Instructions:
1. Prepare the salsa: In a medium-size bowl add all of the ingredients and stir to combine. Refrigerate until ready to serve.
2. Prepare the chicken: Place the chicken breasts in a large resealable bag and add the Jerk seasoning. Give the bag a few shakes to evenly coat the chicken.
3. Coat a large skillet with nonstick cooking spray and set over medium heat. Add the chicken and cook for 4 to 6 minutes on each side or until desired doneness. Internal temperature should be at least 165°F.
4. Meanwhile, place water in the bottom half of a steamer pan set. Trim the dry ends off asparagus, add spears to the top half of the steamer pan set, and steam for 5-10 minutes or until asparagus is tender.
5. Set 1 chicken breast aside for tomorrow's lunch.
6. Serve the remaining chicken breasts with 1/4 cup salsa, 8 asparagus spears, 1 cup lettuce (side salad) and 1 tablespoon light balsamic vinaigrette.

GET AHEAD TIPS FOR TOMORROW:

1. Pack extra chicken breast for tomorrow's lunch. Assemble and pack the rest of your sandwich ingredients as well.
2. If you can't prepare tomorrow's smoothie and orange for Snack 1, pack a Quest Bar (flavor of your choice).

21-DAY SHRED: DAY 18 MEALS

(Total Calories for Today: 1,233)

BREAKFAST: Egg Scramble with Turkey Bacon (Calories: 239)

Egg Scramble Ingredients:

- 1/3 cup liquid egg whites + 1 egg
- 1/4 cup spinach
- 1/4 cup grape tomatoes, diced
- 2 tablespoons avocado
- 1/8 teaspoon salt and black pepper

Other:

- 3 slices lower-sodium turkey bacon

Instructions:

1. Spray a medium-size skillet with nonstick cooking spray and set to medium heat.
2. In a small bowl, whisk egg, egg whites, salt and pepper. Pour eggs into skillet and scramble.
3. Add in spinach and grape tomatoes and continue to scramble.
4. Microwave turkey bacon according to package directions.
5. Once eggs are cooked to your liking, top with avocado and enjoy with 2 slices of turkey bacon.

SNACK 1: (Calories: 144)

- 1 cup raspberries
- 1/2 cup Cool Whip® Free Light Whipped Topping

LUNCH: Open-Faced Caribbean Jerk Chicken Sandwich with Carrots and Cheese Wedge (Calories: 287)

Open-Faced Caribbean Jerk Chicken Sandwich Ingredients:

- 1/2 100% whole wheat sandwich round
- 4-ounce jerk chicken breast, cooked
- 1 tomato slice
- 2 tablespoons avocado

Other:

- 9 baby carrots & 1 wedge The Laughing Cow® Light Creamy Swiss

Instructions:

1. Mash avocado onto round using fork.
2. Layer chicken and tomato slice on top, and enjoy with 9 baby carrots and 1 cheese wedge.

SNACK 2: PB&J Protein Smoothie and 1 Orange (Calories: 279)

PB&J Protein Smoothie Ingredients:

- 1 scoop Skinny Mom® Vanilla Bean Protein Powder
- 1 tablespoon natural peanut butter
- 1 tablespoon all-natural, low-sugar strawberry preserves
- 3/4 cup unsweetened almond milk
- 2 teaspoons stevia
- 1/2 cup ice cubes

Other:

- 1 orange

Instructions:

1. Place all ingredients in blender and blend until desired consistency. Enjoy with 1 orange.

SUPPER: Skinny Turkey Meatloaf with Green Beans (Calories: 284)

Yields: 8 servings | Serving Size: 1/8 loaf and 1 cup green beans

- 2 pounds lean ground turkey (90/10 minimum)
- 1 cup plain bread crumbs
- 1 (1.5-ounce) meatloaf seasoning packet
- 1 orange bell pepper, diced
- 1 onion, chopped
- 2 large eggs

Other:

- 2 (12-ounce) steambag green beans

Instructions:

1. Preheat oven to 350°F. Spray a 9x13-inch baking dish (or larger) with nonstick cooking spray.
2. Add all ingredients to a large mixing bowl, and mix well.
3. Place meat mixture into baking dish and shape into a loaf. Bake in the oven 45-60 minutes (internal temperature should be at least 165°F before serving).
4. Meanwhile, prepare green beans according to package directions.
5. Serve each plate with 1/8 of the loaf and 1 cup green beans.

Supper: Skinny Turkey Meatloaf

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 58-59 for workout details and video links!

GET AHEAD TIPS FOR TOMORROW:

1. Refrigerate 1/8 loaf and 1 cup green beans for tomorrow's lunch. If there are no leftovers from tonight's dinner, tomorrow's lunch can be a convenience meal.
2. Assemble tomorrow's snacks to grab and go.

21-DAY SHRED: DAY 19 MEALS

(Total Calories for Today: 1,201)

BREAKFAST: Apple Cinnamon Oatmeal (Calories: 235)

Apple Cinnamon Oatmeal Ingredients:

- 1/2 cup whole grain plain quick oats
- 1/2 cup unsweetened almond milk
- 1/2 apple, diced
- 1/2 teaspoon cinnamon
- 1 teaspoon stevia

Instructions:

1. In a large bowl, add oats, diced apple, cinnamon, and almond milk. Stir until mixed thoroughly.
2. Microwave for 3 minutes. Stir after 1 minute and again after 2.

SNACK 1: (Calories: 102)

- 1 light string cheese
- 1/2 cup grapes

L **LUNCH: LEFTOVER Skinny Turkey Meatloaf with Green Beans (Calories: 284)**

- 1/8 loaf and 1 cup green beans

SNACK 2: (Calories: 234)

- 12-13 LEFTOVER Frozen Blueberry Yogurt Bites
- 1 Quest Bar

Supper: Mongolian Beef

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 58-59 for workout details and video links!

SUPPER: Mongolian Beef (Calories: 346)

Yields: 6 servings | Serving Size: 1 cup Mongolian Beef and 1 cup side salad and 1 tablespoon light balsamic vinaigrette

Mongolian Beef Ingredients:

- 1 1/2 pounds flank steak, thinly sliced
- 1/4 cup cornstarch
- 1/4 cup reduced-sodium soy sauce
- 2 tablespoons rice wine vinegar
- 2 tablespoons brown sugar
- 2 tablespoons Thai Kitchen® Sweet Chili Sauce
- 6 green onions, thinly sliced
- 2 tablespoons sesame oil
- 1 tablespoon minced garlic
- 1 teaspoon fresh grated ginger
- 1/8 teaspoon red pepper flakes
- 2 cups broccoli
- 2 (8.8-ounce) pouches brown rice

Instructions:

1. To prepare the flank steak, slice the meat on an angle in thin strips against the grain (the grain runs along the long side of the steak).
2. In a large resealable bag, combine the steak slices and cornstarch and shake until evenly coated; set aside.
3. In a medium-size sauce pan, whisk together the soy sauce, rice wine vinegar, brown sugar, and chili sauce until evenly combined. Heat the saucepan over medium heat until slightly thickened, about 5-7 minutes; set aside.
4. In a large skillet, heat the sesame oil over medium-high heat. Add the garlic, ginger, red pepper flakes, and green onions. Cook, stirring constantly for about 30 seconds, or until fragrant. Shake off the excess cornstarch from the reserved steak, and add it all to the skillet. Cook for 2-3 minutes, browning all sides. Add the set-aside sauce and cook for an additional 1-2 minutes.
5. Microwave broccoli and rice pouch according to package directions.
6. Serve each bowl with 1 cup of the beef and broccoli mixture and 1/2 cup brown rice.

GET AHEAD TIPS FOR TOMORROW:

1. Refrigerate 1 cup of Mongolian Beef mixture and 1/2 cup brown rice for tomorrow's lunch.
2. Assemble tomorrow's snacks to grab and go.
3. Tomorrow's dinner is a slow cooker recipe. Plan accordingly.

21-DAY SHRED: DAY 20 MEALS

(Total Calories for Today: 1,205)

BREAKFAST: Turkey Bacon Breakfast Sandwich (Calories: 273)

Turkey Bacon Breakfast Sandwich Ingredients:

- 1 100% whole wheat sandwich round
- 2 slices lower-sodium turkey bacon
- 1/3 cup liquid egg whites, whisked
- 1 cup spinach, chopped
- 2 tablespoons reduced-fat shredded cheddar cheese
- 1 thin slice onion
- 1 slice tomato

Instructions:

1. Spray a small skillet with nonstick cooking spray and turn heat to medium.
2. Tear turkey bacon slices in half and place in skillet. Cook on each side until cooked through.
3. Remove bacon and set aside on a paper towel. Toast sandwich round in the toaster.
4. In the same skillet, add spinach. Sauté until spinach is wilted.
5. Pour in egg whites. Scramble until eggs are cooked through.
6. Add cheese and mix until melted.
7. Place egg mixture on top of toasted sandwich round. Top with turkey bacon, onion and tomato.

SNACK 1: (Calories: 154)

- 1 light string cheese
- 1 cup grapes

Supper: Slow Cooker Pepperoni and Chicken

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 58-59 for workout details and video links!

L LUNCH: LEFTOVER Mongolian Beef (Calories: 346)

- 1 cup beef and broccoli mixture and ½ cup brown rice

SNACK 2: (Calories: 101)

- 1/2 cup low-fat cottage cheese
- 1/2 tomato, diced
- salt and black pepper, to taste

SUPPER: Slow Cooker Pepperoni and Chicken with Side Salad (Calories: 331)

Yields: 4 servings | Serving Size: 1 cup pepperoni and chicken mixture, 1 cup lettuce (side salad) and 2 tablespoons light balsamic vinaigrette

Slow Cooker Pepperoni and Chicken Ingredients:

- 2 pounds boneless, skinless chicken breasts, trimmed of fat
- 1/8 teaspoon black pepper
- 1 (2.5-ounce) pouch turkey pepperoni slices, sliced in half lengthwise
- 1/2 cup black olives, sliced
- 1 cup Pacific® Organic Low Sodium Chicken Broth
- 3 tablespoons tomato paste
- 1 teaspoon Italian seasoning
- 1/2 teaspoon basil
- 3/4 teaspoon red pepper flakes

Other:

- 4 cups bagged lettuce (side salad)
- 4 tablespoons light balsamic vinaigrette

Instructions:

1. Place chicken in the bottom of slow cooker and sprinkle tops with black pepper.
2. Add pepperoni and olives to slow cooker.
3. In a small bowl, whisk together chicken broth, tomato paste, Italian seasoning, and basil.
4. Pour tomato paste mixture over chicken.
5. Cover slow cooker and cook for 3 hours on high or 7 hours on low.
6. Remove chicken from the slow cooker and shred with a fork.
7. Return the chicken to the slow cooker and mix well with remaining liquid.
8. To serve, place 1 cup of chicken mixture on a plate, drizzle with additional liquid and sprinkle with 1/8 teaspoon of red pepper flakes. Enjoy with 1 cup lettuce (side salad) and 1 tablespoon light balsamic vinaigrette.

GET AHEAD TIPS FOR TOMORROW:

1. Prepare tomorrow's breakfast pancake batter tonight to save time tomorrow morning.
2. Assemble tomorrow's lunch and snacks to grab and go.

21-DAY SHRED: DAY 21 MEALS

(Total Calories for Today: 1,230)

BREAKFAST: Quinoa Banana Pancakes (Calories: 304)

Yields: 4 servings | Serving Size: 3 pancakes with 2 tablespoons sugar-free maple syrup

Quinoa Banana Pancakes Ingredients:

- 1 cup cooked quinoa, cooled
- 1 cup skim milk
- 1 1/3 cup white whole wheat flour
- 1 tablespoon brown sugar
- 2/3 cup liquid egg whites
- 2 bananas, mashed
- 1 teaspoon vanilla
- 1 tablespoon stevia

Other:

- 8 tablespoons sugar-free maple syrup

Instructions:

1. Cook quinoa according to package directions. Allow it to cool slightly.
2. In a large bowl, combine quinoa, milk, wheat flour, and brown sugar.
3. In a small bowl, mash bananas and stir in vanilla and stevia. Add to quinoa mixture.
4. In a medium-size bowl, beat egg whites on low speed until they are fluffy (2-3 minutes).
5. Using a spatula, fold egg whites into quinoa mixture.
6. Spray a medium-size skillet with nonstick cooking spray and place over medium heat.
7. Using a 1/3 measuring cup, pour batter into skillet. Flip each pancake after 3-4 minutes on each side or until batter starts to bubble.
8. Top 3 pancakes with 2 tablespoons maple syrup.

Supper: Honey Mustard Glazed Salmon

GET TODAY'S WORKOUT

Reference the Fitness Plan on page 58-59 for workout details and video links!

SNACK 1: (Calories: 164)

- 1 cup grapes
- 1 hardboiled egg

LUNCH: Skinny Avocado Tuna Sandwich with Baby Carrots (Calories: 275)

Skinny Avocado Tuna Sandwich Ingredients:

- 1 (2.6-ounce) pouch albacore tuna in water
- 1 100% whole wheat sandwich round
- 1/4 cup diced orange bell pepper
- 1/4 cup diced yellow bell pepper
- 2 tablespoons avocado
- 2 lettuce leaves
- 1 tablespoon plain, nonfat Greek yogurt
- 1/8 teaspoon red pepper flakes
- 1/8 teaspoon salt and black pepper

Other:

- 9 baby carrots

Instructions:

1. Add tuna, yogurt, black pepper, salt, orange pepper, yellow pepper, and red pepper flakes to tuna and mix well.
2. Toast sandwich round, then top tuna salad sandwich with 2 tablespoons avocado. Enjoy with 9 baby carrots.

SNACK 2: (Calories: 159)

- 1/2 cup low-fat cottage cheese with salt and pepper
- 1 orange

SUPPER: Honey Mustard Glazed Salmon with Brown Rice and Green Beans (Calories: 328)

Yields: 4 servings | Serving Size: 4-ounce salmon fillet, 1 cup green beans and 1/2 cup brown rice

Honey Mustard Glazed Salmon Ingredients:

- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 1/2 teaspoon fresh ginger, grated
- 1/4 teaspoon garlic powder
- 1/8 teaspoon salt and black pepper
- 4 (4-ounce) skin-on salmon fillets

Other:

- 2 (12-ounce) steambags green beans
- 1 (8.8-ounce) pouch brown rice

Instructions:

1. Preheat the oven to 400°F and line baking sheet with foil. Lightly coat the foil with nonstick cooking spray and set aside.
2. In a small mixing bowl, whisk together the honey, mustard, ginger, and garlic powder.
3. Season both sides of the salmon with salt and black pepper.
4. Place the salmon fillets on the prepared baking sheet and brush the glaze over them.
5. Bake for 10-12 minutes, or until the flesh easily flakes with a fork, or the internal temperature reaches 145°F.
6. Meanwhile, microwave green bean steambags and brown rice according to package directions.
7. Serve each plate with a 4-ounce salmon fillet, 1/2 cup brown rice and 1 cup green beans.

WEEK 3 GROCERY LIST

The following grocery list contains every ingredient for every meal listed for **WEEK 3** of the 21-Day Shred. Check your pantry before visiting the grocery store and cross off items that you already have. Pre-workout meal suggestions are **NOT** included on the grocery list. Please review the Pre-Workout Meals on page 13 and add your selections as needed.

X	AMOUNT	ITEM
FRESH PRODUCE		
	1 pint	Blueberries
	2 whole	Oranges
	1 head	Iceberg Lettuce
	2 whole	Tomatoes
	3 whole	Onions
	1 container (need 3 cups)	Raspberries
	1 whole	Medium-Size Baking Potato
	1 whole	Ripe Mango (or you can use frozen)
	1 whole	Red Onion
	1 whole	Roma Tomato
	1 bunch	Fresh Cilantro
	1 whole	Lime
	2 (12-ounce) bags (need 8 cups)	Bagged Salad Mix
	1 container (need 1¼ cups)	Spinach
	1 container	Grape Tomatoes
	1 whole	Avocado
	1 bag (need 18 carrots)	Baby Carrots
	1 bunch (need 3½ cups)	Grapes
	2 whole	Orange Bell Peppers
	1 whole	Yellow Bell Pepper
	1 bunch	Green Onions
	1 tube (need 1½ tsp)	Grated Ginger
	2 whole	Bananas
	1 whole	Apple
	1 head	Broccoli
	32 spears	Asparagus
CONDIMENTS, CANNED, BOTTLED + PACKAGED		
	1 jar	Light Mayonnaise
	2 bars	Quest Bar
	1 container	Minced Garlic

	1 (14.5-ounce) can	Reduced-Sodium Black Beans
	1 (14.5-ounce) can	Red Kidney Beans
	1 (14.5-ounce) can	Pinto Beans
	2 (14.5-ounce) cans	No-Salt-Added Diced Tomatoes
	1 (32-ounce) carton (need 3 cups)	Pacific® Organic Low-Sodium Chicken Broth
	2 (6-ounce) cans	Tomato Paste
	1 jar	All-Natural, Low-Sugar Strawberry Preserves
	1 container	Natural Peanut Butter (or any nut butter)
	1 canister	Skinny Mom® Vanilla Bean Protein Powder
	1 container (need 43 almonds)	Natural Almonds
	1 bottle	Light Balsamic Vinaigrette
	1 container	Plain Bread Crumbs
	1 bottle	Reduced-Sodium Soy Sauce
	1 bottle	Rice Wine Vinegar
	1 bottle	Thai Kitchen® Sweet Chili Sauce
	1 bottle	Sesame Oil
	1 pouch	Turkey Pepperoni Slices
	1 small can	Sliced Black Olives
	1 bag	Quinoa
	1 bottle	Sugar-Free Maple Syrup
	1 (2.6-ounce) pouch	Albacore Tuna Packed in Water
	1 bottle	Dijon Mustard
FROZEN		
	4 (10-ounce) steambags	Frozen Broccoli Florets
	4 (12-ounce) steambags	Frozen Green Beans
	1 container	Cool Whip® Free Diary Whipped Topping
DAIRY		
	1 container (need 1 cup)	Vanilla, Nonfat Greek Yogurt
	1 container (need 1 cup)	Plain, Nonfat Greek Yogurt
	1 container (need 2 cups)	Low-Fat Cottage Cheese
	1 carton	Unsweetened Almond Milk
	6 whole	Large Eggs
	1 (16-ounce) carton	Liquid Egg Whites
	1 container (need 1 wedge)	The Laughing Cow® Light Creamy Swiss
	1 bag (need 2 Tbsp)	Reduced-Fat Shredded Cheddar Cheese
	1/2 gallon	Skim Milk
	1 package (need 3 sticks)	Light String Cheese
MEAT, POULTRY + SEAFOOD		
	1 package	Lower-Sodium Turkey Bacon

	3 pounds	Lean Ground Turkey (90/10)
	3¼ pounds	Boneless, Skinless Chicken Breasts
	1½ pounds	Flank Steak
	4 (4-ounce) fillets	Salmon
BREADS, GRAINS, CEREALS + PASTAS		
	1 package (need 2 flatbreads)	Flatout® Light Original Flatbread
	1 container	Whole Grain Quick Oats
	1 package (need 1½ rounds)	100% Whole Wheat Sandwich Rounds
	3 (8.8-ounce) pouches	Brown Rice
BAKING		
	1 bag	Stevia
	1 bottle	Honey
	1 container	Cornstarch
	1 bag	Brown Sugar
	1 bag	White Whole Wheat Flour
	1 bottle	Vanilla
SEASONINGS + SPICES + OTHER		
	1 container	Salt
	1 container	Black Pepper
	1 container	Chili Powder
	1 container	Cumin
	1 container	Paprika
	1 container	Cinnamon
	1 container	Caribbean Jerk Seasoning
	1 (1.5-ounce) packet	Meatloaf Seasoning
	1 container	Red Pepper Flakes
	1 container	Italian Seasoning
	1 container	Basil
	1 container	Garlic Powder

21-DAY SHRED: FITNESS PLAN - WEEK 3

All workouts should be completed in adherence to the instructions. Most of the videos will be completed more than one time through for a full workout! Workouts range from 35-60 minutes but can be adjusted depending on fitness level. Make sure to print out the **Week 3 Accountabilty Chart** on page 60 to check off your workouts as you complete them!

Some of the videos included on the Shred do not include both warm up and cool downs. We recommend including a warm up and a cool down for each workout session.

Need a quick warm up video?
Try this awesome 5 minute warm up: http://www.skinnymom.com/basic-warm-up-video/.
Need a some stretches to help you cool down and lengthen your musles?
Try this stretch series: http://www.skinnymom.com/9-ways-to-stretch-your-hip-flexors/.

DAY 15: TICKETS TO THE GUN SHOW (3X) + HIGH STEP ENERGY WORKOUT VIDEO (1X)

- *Focus: upper body (arms) + cardio*
- *Estimated time: 50 minutes*
- *Equipment needed: dumbbells, body bar, step*
- *Substitutions: In place of a step, you can use a stair in your home or sturdy step stool.*

> Tickets to the Gun Show: Complete 3 rounds
http://www.skinnymom.com/tickets-to-the-gun-show-workout-video/

> High Step Energy Workout: Complete 1 round
http://www.skinnymom.com/high-energy-step-workout-video/

DAY 16: LATER, THUNDER THIGHS VIDEO (3X) + 7½-MINUTE FAT BLASTER VIDEO (3X)

- *Focus: lower body (legs) + cardio*
- *Estimated time: 50 minutes*
- *Equipment needed: squishy ball*
- *Substitutions: You can use a rolled up towel, sports ball or a throw pillow in place of a squishy ball.*

> Later, Thunder Thighs: Complete 3 rounds
http://www.skinnymom.com/later-thunder-thighs-workout-video/

> 7½-Minute Fat Blaster: Complete 3 rounds
http://www.skinnymom.com/7%C2%BD-minute-fat-blaster-video/

DAY 17*: LADDER 10 WORKOUT VIDEO (1X)

- *Focus: total body + cardio*
- *Estimated time: 60 minutes*
- *Equipment needed: none*
- *Substitutions: none*

> Ladder 10 Workout: Complete 1 round
http://www.skinnymom.com/ladder-10-cardio-workout-video/

21-DAY SHRED: FITNESS PLAN - WEEK 3

DAY 18: WE'VE GOT YOUR BACK VIDEO (2X) + HIGH ENERGY STEP WORKOUT VIDEO (1X)

- *Focus: upper body (back) + cardio*
- *Estimated time: 45 minutes*
- *Equipment needed: interval timer, dumbbells, slam ball, bench, step*
- *Substitutions: You can use an app/timer on your smartphone in place of an interval timer. The slam ball interval on the video may be substituted with jump squats or without equipment. You can use a stability ball instead of a bench or perform the exercise on the floor. As a step, you may use a stair in your home or sturdy step stool.*

> We've Got Your Back: Effective Moves to Get Rid of Bra Bulge: Complete 2 rounds
http://www.skinnymom.com/weve-got-your-back-effective-moves-to-get-rid-of-back-bulge-video/

> High Energy Step Workout: Complete 1 round
http://www.skinnymom.com/high-energy-step-workout-video/

DAY 19: 14-MINUTE BOOTY LIFT (2X) + 7½-MINUTE FAT BLASTER VIDEO (3X)

- *Focus: lower body (booty) + cardio*
- *Estimated time: 50 minutes*
- *Equipment needed: squishy ball, chair, dumbbells, resistance band*
- *Substitutions: You can use a rolled up towel, sports ball or a throw pillow in place of a squishy ball*

> 14-Minute Booty Lift: Complete 2 rounds
http://www.skinnymom.com/14-minute-booty-lift/

> 7½-Minute Fat Blaster: Complete 3 rounds
http://www.skinnymom.com/7%C2%BD-minute-fat-blaster-video/

DAY 20/DAY 21**: CARDIO STRENGTH CIRCUIT (1X) + FULL BODY FLEXIBILITY (2X)

- *Focus: cardio + stretching*
- *Estimated time: 40 minutes*
- *Equipment needed: dumbbells, jump rope, kettlebell, resistance band, chair*
- *Substitutions: Dumbbells may be used instead of a kettlebell. You can jump in place without jump rope.*

> Cardio Strength Circuit: Complete 1 round
http://www.skinnymom.com/best-of-both-worlds-cardio-strength-circuit-video/

> Full Body Flexibility: Complete 2 rounds
http://www.skinnymom.com/full-body-flexibility-in-7-minutes-video/

**Note: This can be a rest day if needed, but try to challenge yourself with this routine. It's Day 17...You can do it!*

***Select one day to complete your cardio/yoga routine as described. The other day is an active rest day.*

21-DAY SHRED: WEEK 3 ACCOUNTABILITY CHART

DAY 15

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Apple Cinnamon Oatmeal

1 Quest Bar

Light and Easy BLT Wrap and 1/2 cup Low-Fat Cottage Cheese

12-13 Frozen Blueberry Yogurt Bites and 11 Natural Almonds

Lean Turkey Chili and 1 cup Broccoli

WORKOUTS DONE?

- ☐ **ARMS** YES, I ROCKED IT!
- ☐ **CARDIO** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 16

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

PB&J Protein Smoothie

1 cup Grapes and 1 Light String Cheese

Light and Easy BLT Wrap and 2 Hardboiled Eggs

1 cup Raspberries and 1/2 cup Cool Whip Free

Leftover Lean Turkey Chili & 1 cup Broccoli

WORKOUTS DONE?

- ☐ **LEGS** YES, I ROCKED IT!
- ☐ **CARDIO** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 17

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Overnight Oats

1/2 cup Low-Fat Cottage Cheese with Tomato, Salt & Pepper

Leftover Lean Turkey Chili & 1 cup Broccoli

12-13 Frozen Blueberry Yogurt Bites and 11 Natural Almonds

Caribbean Jerk Chicken with 8 Asparagus Spears and Side Salad

WORKOUTS DONE?

- ☐ **TOTAL BODY** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 18

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Egg Scramble with Turkey Bacon

1 cup Raspberries and 1/2 cup Cool Whip Free

Open-Faced Caribbean Jerk Sandwich with 9 Baby Carrots and 1 Laughing Cow Cheese Wedge

PB&J Protein Smoothie and 1 Orange

Skinny Turkey Meatloaf with 1 cup Green Beans

WORKOUTS DONE?

- ☐ **BACK** YES, I ROCKED IT!
- ☐ **CARDIO** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 19

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Apple Cinnamon Oatmeal

1/2 cup Grapes and 1 Light String Cheese

Skinny Turkey Meatloaf with 1 cup Green Beans

1 Quest Bar and 12-13 Frozen Blueberry Yogurt Bites

Mongolian Beef

WORKOUTS DONE?

- ☐ **BOOTY** YES, I ROCKED IT!
- ☐ **CARDIO** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 20

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Turkey Bacon Breakfast Sandwich

1 Light String Cheese and 1 cup Grapes

Leftover Mongolian Beef

1/2 cup Low-Fat Cottage Cheese with Tomato, Salt & Pepper

Slow Cooker Pepperoni and Chicken with Side Salad

WORKOUTS DONE?

- ☐ **YOGA** YES, I ROCKED IT!
- ☐ **CARDIO** YES, I ROCKED IT!
- ☐ **PRE-WORKOUT SNACK**

DAY 21

DRINK YOUR WATER:

Cross off each 8-ounce glass of water you drink today!

1	2
3	4
5	6
7	8

TODAY'S MEALS:

Quinoa Banana Pancakes with 2 tablespoons SF Maple Syrup

1 Hardboiled Egg and 1 cup Grapes

Skinny Avocado Tuna Sandwich with 9 Baby Carrots

1/2 cup Low-Fat Cottage Cheese with Tomato & 1 Orange

Honey Mustard Glazed Salmon with 1/2 cup Brown Rice and Green Beans

WORKOUTS DONE?

REST DAY*

*Choose Saturday or Sunday as your rest day.

MAINTENANCE PLAN

TURNING 21-DAY SHRED HABITS INTO A LIFESTYLE

MAINTENANCE PLAN: INTRODUCTION

CONGRATULATIONS ON COMPLETING THE 21-DAY SHRED!

Now that you have 21 days of appropriate portions, balanced meals, and challenging workouts under your belt, don't you feel like you can continue these best practices as a lifestyle? We know you can do it!

To help you maintain your amazing 21-Day Shred results, we've created a **Maintenance Plan** that allows you to put all you've learned on the Shred to good use! You'll find approved options for breakfasts, lunches, dinners and snacks to make your own menus for the week! Print out the recipes, make your grocery list and take a few minutes to review the recipes so you can make your own Power Planning Sunday checklist and execute! Don't worry, we've got your workouts covered too — just visit www.skinnymom.com and head to the VIDEOS page and pick out some new workouts to try so you can continue shedding fat and toning up!

TIPS FOR SUCCESS:

- Continue eating 5 meals a day.
- Challenge yourself to exercising 4-6 times a week.
- Get 7-8 hours of sleep.
- Avoid eating 3 hours before bedtime.
- When eating your meals, put your fork down between bites. Enjoy your food and practice mindful eating.
- Continue prepping, planning, and staying organized. This is key to making the Shred style of eating more of a natural part of your lifestyle.
- Portion control is key. If a portion of a casserole is 1 cup, use a measuring cup to serve your portion. Guesstimating portions can add 100's of unwanted calories!
- Continue drinking at least 1/2 gallon of water each day.
- Print copies of the weekly **Food + Fitness Journal** on page 69 for effective planning and proper accountability. Remember, if you fail to plan, you plan to fail!
- Stay connected in the community for continued support and encouragement. Everyone in the community is a great resource and motivator! Reach out to ladies in your area and meet up for workouts or coffee dates (hold the creamer)!

GUIDELINES:

- Excessive carbs will sabotage any diet. Sticking to complex carbs (brown rice, quinoa, sweet potatoes, etc.) is a great start, but you need to also be mindful of timing. For example, if you have a breakfast sandwich with a whole wheat sandwich round in the morning and Triscuits with your lunch, skip the carbs at suppertime. If you have more weight to lose and are utilizing this Maintenance Plan, it's best to skip carbs after lunchtime altogether.
- To keep your taste buds happy, balance the types of food and flavor like you did on the Shred. For example, if you have a sweet snack like grapes for Snack 1, have a savory small meal for Snack 2, like a string cheese and almonds.
- To maintain your weight loss or to continue losing weight, you need to absolutely follow appropriate portion sizes. We have portion sizes and approved foods listed for you in this plan.
- Aim to hit around 1200-1400 calories each day. Remember to add a pre-workout meal (page 13) to your day when needed.

MAINTENANCE PLAN: DAILY OVERVIEW

MORNING
8 ounces Slim Down Detox Water
&
1-2 cups Black Coffee

Slim Down Detox Water recipe on page 64

Add 1 tablespoon unsweetened almond milk with 1 teaspoon of stevia if needed

BREAKFAST
8 ounces Slim Down Detox Water
&
1 Protein Smoothie

Sample Breakfast Smoothies on page 65 or visit www.skinnymom.com/category/recipe-index/smoothies-and-shakes/

SNACK #1
8 ounces Slim Down Detox Water
&
Snack #1

Sample Snacks on page 66

LUNCH
8 ounces Slim Down Detox Water
&
Lunch

Lunch guidelines and portion sizes on page 64

Sample Lunches on page 67

SNACK #2
8 ounces Slim Down Detox Water
&
Snack #2

Sample Snacks on page 66

SUPPER
8 ounces Slim Down Detox Water
&
Dinner

Dinner guidelines and portion sizes on page 64

Sample Dinners on page 68

MAINTENANCE PLAN: WHAT TO EAT

Guidelines for each food group are listed below for you to continue eating lightened-up and well-balanced portions. We have also listed out Shred-approved breakfasts, snacks, lunches and suppers on the following pages.

Lean Proteins:

Choose 1 of these servings. How to prepare: grill, boil, bake or steam.

- 3-4 ounces boneless, skinless chicken breast
- 4-6 ounces fish (frozen or fresh, all varieties)
- 3-4 ounces lean ground beef or ground turkey (90/10 minimum)
- 3-4 ounces tofu or tempeh
- 3-4 ounces tuna (packed in water)
- 10 medium-sized shrimp (frozen or fresh)
- 3 scallops
- 3 egg whites

Carbohydrates:

Choose 1 of these servings.

- 1 medium-sized sweet potato
- ½ cup brown rice or quinoa
- 1 rice cake
- ½ cup oatmeal
- ½ cup kidney, lima, garbanzo or black beans
- ½ cup lentils
- 1 low-carb, high fiber 5-inch tortilla
- 1 100% whole wheat sandwich round

SLIM DOWN DETOX WATER

½ gallon spring water
½ grapefruit, sliced
½ cucumber, sliced
2-3 mint leaves
½ lemon and ½ lime, sliced

Combine all ingredients in a pitcher. Allow the ingredients to chill in the refrigerator for 1-2 hours before serving. Drink throughout the day or discard after 24 hours.

Unsweetened Frozen Fruit:

Used for protein smoothies and shakes. Serving sizes are indicated in each recipe.

Non-Starchy Vegetables:

Eat unlimited amounts from this list of vegetables. How to prepare: raw, lightly sautéed in olive, grapeseed or coconut oil, steamed blanched, baked or boiled.

- Artichoke Hearts
- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Fennel
- Hot Peppers
- Jicama
- Leeks
- Mixed Greens
- Mushrooms
- Okra
- Radishes
- Rutabaga
- Scallions
- Snow or Snap Peas
- Squash
- String Beans
- Spinach
- Tomatoes
- Turnips
- Watercress
- Zucchini

Optional Condiments/Seasonings:

- Lemon/Lime Juice
- Garlic
- Hot Sauce
- Olive, Grapeseed, Canola or Coconut Oil (no more than 1-2 teaspoons per day)
- Light Balsamic Vinaigrette
- Red Wine Vinegar
- Less-Sodium Soy Sauce
- Yellow/Spicy Mustard
- Spices (keep to a minimum, 1500 mg per day)

MAINTENANCE PLAN: SAMPLE BREAKFASTS

At Skinny Mom, having a protein shake at breakfast time is the easiest way to fuel our busy mornings. We listed 100-300 calorie smoothies/shakes below to provide enough sustenance until Snack 1.

If you want to make your smoothies/shakes ahead of time, you can prepare the recipe and freeze in an airtight container. To thaw, refrigerate 30-60 minutes before drinking. You may also refrigerate a smoothie/shake up to 2 days after preparation. However, if you have time, protein shakes are ideally prepared (freshest) on the day they are used.

Depending on the protein powder you use, your shake could be much higher in calories. To stay calorie-conscious while giving your body good-for-you fuel, we suggest Skinny Mom® Protein Powder! Both flavors — Milk Chocolate and Vanilla Bean — are under 90 calories per scoop so you can add it to your favorite recipes without worry.

If smoothies/shakes aren't your thing for breakfast, click here for Skinny Mom Breakfast recipes.

Green Monster Smoothie • 239 calories
http://www.skinnymom.com/green-monster-smoothie/

Strawberry Pineapple Protein Smoothie • 265 calories
http://www.skinnymom.com/strawberry-pineapple-protein-smoothie/

Kiwi Banana Protein Smoothie • 291 calories
http://www.skinnymom.com/kiwi-banana-protein-smoothie/

Miami Vice Breakfast Smoothie • 186 calories
http://www.skinnymom.com/miami-vice-breakfast-smoothie/

Skinny Apple Pie a la Mode Protein Shake • 208 calories
http://www.skinnymom.com/apple-pie-a-la-mode-protein-shake/

Cake Batter Protein Smoothie • 246 calories
http://www.skinnymom.com/recipe-cake-batter-protein-smoothie/

Chocolate Banana Protein Smoothie • 167 calories
http://www.skinnymom.com/chocolate-banana-protein-smoothie/

Raspberry Mocha Protein Smoothie • 131 calories
http://www.skinnymom.com/raspberry-mocha-protein-shake/

Key Lime Protein Shake • 149 calories
http://www.skinnymom.com/key-lime-protein-shake/

PB&J Protein Shake • 210 calories
http://www.skinnymom.com/pb-j-protein-shake/

MAINTENANCE PLAN: SAMPLE SNACKS

We recommend keeping snacks between 100-200 calories, and balancing sweet and savory flavors. Make large-batch snacks for the week on your Power Planning Sundays. Try it out and choose from some of these recipes below:

Nutella Energy Bites • 94 calories
http://www.skinnymom.com/recipe-nutella-energy-bites/

Peanut Butter Banana Oatmeal Bars • 183 calories
http://www.skinnymom.com/recipe-peanut-butter-banana-oatmeal-bars/

Spicy Roasted Chickpeas | 139 calories
http://www.skinnymom.com/spicy-roasted-chickpeas/

PB Yogurt Dip + Apple Slices • 139 calories
http://www.skinnymom.com/pb-yogurt-dip-apple-slices/

Jiggle-Reducing Smoothie • 167 calories
http://www.skinnymom.com/recipe-jiggle-reducing-smoothie/

Keep You Full Smoothie • 183 calories
http://www.skinnymom.com/recipe-keep-you-full-smoothie/

Skinny Mom Pink Power Smoothie • 146 calories
http://www.skinnymom.com/recipe-skinny-mom-pink-power-smoothie/

Key Lime Protein Shake • 149 calories
http://www.skinnymom.com/key-lime-protein-shake/

Or, stick to the tasty grab-and-go options from the list below:

- 3 cups air popped popcorn
- 2 tablespoons plain hummus with 1/2 large cucumber
- 1 pear and 1 light string cheese
- 25 pistachios
- 6 Reduced-fat Triscuits and 2 tablespoons plainhummus
- 2 hardboiled eggs
- 1 medium sweet potato with 1 teaspoon light butter
- 1 cup edamame
- 3 ounces lower sodium turkey breast in lettuce wrap with mustard
- 6-ounce container plain, nonfat Greek yogurt with 1/2 cup berries
- 1 scoop Skinny Mom® Protein Powder with water or almond milk
- 1 apple and 1 light sting cheese
- 1/2 cup lowfat cottage cheese and 1/2 cup fresh fruit
- 1 cup berries and 23 natural almonds
- 9 baby carrots and 2 tablespoons plain hummus
- Nutrition Bar (see page 5 for guidelines for choosing a bar)
- 1 banana with 1 tablespoon nut butter
- 6 Reduced-fat Triscuits and 1 The Laughing Cow Light Cheese wedge
- 1 cup grapes
- 1/2 cup lowfat cottage cheese with diced tomato with salt and pepper

MAINTENANCE PLAN: SAMPLE LUNCHES

We're huge fans of supper leftovers for lunch, however, we have plenty of great options on SkinnyMom.com. For convenience, we have listed a few of our favorite Shred-approved lunch recipes here.

Light Egg Salad • 159 calories • Yields: 4 servings
http://www.skinnymom.com/recipe-light-egg-salad/

Asian Tuna Salad • 142 calories • Yields: 4 servings
http://www.skinnymom.com/recipe-asian-tuna-salad/

Light and Easy BLT Wrap •184 calories • Yields: 4 servings
http://www.skinnymom.com/recipe-light-and-easy-blt-wrap/

Classic Tuna Salad • 85 calories • Yields: 6 servings
http://www.skinnymom.com/recipe-classic-tuna-salad/

Buffalo Shrimp Dinner Salad •196 calories • Yields: 4 servings
http://www.skinnymom.com/recipe-buffalo-shrimp-dinner-salad/

Skinny Chicken Salad • 223 calories • Yields: 7 servings
http://www.skinnymom.com/skinny-chicken-salad/

Skinny Pizza Wrap • 255 calories • Yields: 1 serving
http://www.skinnymom.com/skinny-pizza-wrap/

Skinny Mini Caprese Pizzas • 261 calories • Yields: 6 servings
http://www.skinnymom.com/skinny-mini-caprese-pizzas/

Skinny Florentine Flatbread • 311 calories • Yields: 8 servings
http://www.skinnymom.com/skinny-florentine-flatbread/

Portobella Pizza Caps • 320 calories • Yields: 4 servings
http://www.skinnymom.com/portobella-pizza-caps/

Quinoa Mexi-Lime Salad • 248 calories • Yields: 8 servings
http://www.skinnymom.com/quinoa-mexi-lime-salad/

Skinny Broccoli Salad • 106 calories • Yields: 12 servings
http://www.skinnymom.com/skinny-broccoli-salad/

Skinny Greek Salad • 228 calories • Yields: 6 servings
http://www.skinnymom.com/skinny-greek-salad/

Skinny Taco Flatbread • 334 calories • Yields: 4 servings
http://www.skinnymom.com/skinny-taco-flatbread/

Peach and Ham Grilled Cheese • 273 calories • Yields: 4 servings
http://www.skinnymom.com/recipe-peach-and-ham-grilled-cheese-sandwich/

MAINTENANCE PLAN: SAMPLE DINNERS

Use any of the dinners featured on the plan and add a healthy side dish (use a carb if the dish is mostly protein, use a vegetable if there is a bun). Looking for more dinners that are low in calories but high in flavor? Visit our **Recipe Index**!

Low-Carb Squash and Spinach Lasagna • 254 calories
https://www.skinnymom.com/recipe-low-carb-squash-and-spinach-lasagna/

Grilled Italian Flank Steak Pinwheels • 313 calories
https://www.skinnymom.com/grilled-italian-flank-steak-pinwheels/

Southwestern Hasselback Chicken • 210 calories
http://www.skinnymom.com/recipe-southwestern-hasselback-chicken/

Caribbean Jerk Chicken with Mango Salsa • 210 calories
https://www.skinnymom.com/recipe-caribbean-jerk-chicken-with-mango-salsa/

Skinny Skillet Orange Chicken • 318 calories
https://www.skinnymom.com/recipe-skinny-skillet-orange-chicken/

One-Pan Cilantro Lime Chicken and Rice • 268 calories
https://www.skinnymom.com/recipe-slow-cooker-chicken-beans-and-rice/

Slow Cooker Chicken, Beans and Rice • 235 calories
http://www.skinnymom.com/recipe-slow-cooker-chicken-beans-and-rice/

BBQ Turkey Meatball Cups with Mashed Cauiflower • 383 calories
https://www.skinnymom.com/bbq-turkey-meatloaf-cups-with-mashed-cauliflower/

Skinny Sausage Zucchini Boats • 280 calories
https://www.skinnymom.com/skinny-sausage-zucchini-boats/

Skinny Bruschetta Stuffed Chicken • 216 calories
https://www.skinnymom.com/skinny-bruschetta-stuffed-chicken/

Pulled Pork Stuffed Sweet Potato • 304 calories
https://www.skinnymom.com/pulled-pork-stuffed-sweet-potatoes/

Grilled Pineapple Teriyaki Pork Chops • 210 calories
https://www.skinnymom.com/skinny-pineapple-teriyaki-pork-chops/

Skinny Salmon Burgers • 293 calories
http://www.skinnymom.com/skinny-salmon-burgers/

Skinny Lemon Tilapia • 252 calories
https://www.skinnymom.com/skinny-lemon-tilapia/

Crispy Baked Fish and Veggie Fries • 281 calories
http://www.skinnymom.com/recipe-crispy-baked-fish-root-vegetable-fries/

MAINTENANCE PLAN: FITNESS

Now that you're a Skinny Mom workout champ, don't even think about stopping! We've got tons of awesome free fitness videos on SkinnyMom.com for you to choose from. (Or stick with the fitness classes at your gym!) No matter how you are working out, keep challenging yourself and building up your fitness level. Click here for our workout videos, and check out the helpful **Weekly Fitness Chart** we've included below.

WE CHALLENGE YOU!

Want to track your progress every week?
Throw in our Ladder 10 workout as a challenge and see how much you improve with this tough routine week after week.

If you cannot complete our videos (yet!), we still want you to move your body! Try 30 minutes of walking, hit up a slow flow yoga class, or get in 30 minutes of playing outside with your kids, grandkids or pets!

WEEKLY FITNESS CHART

Day 1: Cardio + Upper Body (Arms)
Day 2: Cardio + Lower Body (Legs)
Day 3: Cardio + Abs/Core
Day 4: Rest
Day 5: Cardio + Upper Body (Shoulders/Back or Chest)
Day 6: Cardio + Lower Body (Booty)
Day 7: Rest (Or Yoga/Pilates)

As always, we encourage you to get active in our private online community to stay motivated, inspired and encouraged to take these healthy habits you learned in the 21-Day Shred and make them into a lifestyle. We are here to help!

Stay connected with us on social media and feel free to email us anytime with questions at community@skinnymom.com!

MAINTENANCE PLAN: FOOD + FITNESS JOURNAL

Working out without tracking what you eat is like working without tracking what you spend. IF YOU BITE IT, WRITE IT!

WEEK OF: ___ / ___ / ___ • WEEK STARTING WEIGHT: _____ • WEEK ENDING WEIGHT: _____ • THIS WEEK I AM GRATEFUL FOR: _____

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Calories:	Calories:	Calories:	Calories:	Calories:	Calories:	Calories:
SNACK 1	Calories:	Calories:	Calories:	Calories:	Calories:	Calories:	Calories:
LUNCH	Calories:	Calories:	Calories:	Calories:	Calories:	Calories:	Calories:
SNACK 2	Calories:	Calories:	Calories:	Calories:	Calories:	Calories:	Calories:
DINNER	Calories:	Calories:	Calories:	Calories:	Calories:	Calories:	Calories:
PREWORKOUT MEAL	Calories:	Calories:	Calories:	Calories:	Calories:	Calories:	Calories:
TOTAL CALORIES/DAY	Total:	Total:	Total:	Total:	Total:	Total:	Total:
WATER INTAKE *Cross off each 8-ounce glass of water you drink*	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8

EXERCISE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WORKOUT DESCRIPTION							
DURATION	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:
NOTES							

DISCLAIMER

The material (including without limitation, advice and recommendation) within this program, other programs, our email newsletter and our website is provided solely as general educational and informational purposes. Use of this program, advice and information contained herein is at the sole choice and risk of the reader.

Always consult your physician or health care provider before beginning any nutrition or exercise program. If you choose to use this information without prior consent of your physician, you are agreeing to accept full responsibility for your decisions and agreeing to hold harmless Brooke J. Griffin, Skinny Mom, its agents, employees, contractors and any affiliated companies from any liability with respect to injury or illness to you or your property arising out of or connected with your use of the information contained within this program, other programs, our email newsletter or our website.

The materials and content contained in this program, other programs, our email newsletter and our website are for general health information only and are not intended to be a substitute for professional medical advice, diagnosis or treatment. Users of this program, other programs, our email newsletter and our website should not rely exclusively on information provided in this program, other programs, our email newsletter, and our website for their own health needs. All specific medical questions should be presented to your own health care provider and you should seek medical advice before starting any type of nutrition or weight loss or workout program.

Brooke J. Griffin or Skinny Mom and/or our affiliates make no warranties or representations, express or implied, as to the accuracy or completeness, timeliness or usefulness of any opinions, advice, services or other information contained or referenced in this program, other programs, our email newsletter and our website. Brooke J. Griffin or Skinny Mom and/or our affiliates do not assume any risk for your use of this program, other programs, our email newsletter and our website. Users of this program, other programs, our email newsletter and our website should be aware that the materials and content contained in this program, other programs, our email newsletter and our website are only updated periodically; such materials or content may not contain the most recent information available.

Developments in medical research may impact the health, fitness and nutritional advice that appears in this program, other programs, our email newsletter and our website. No assurance can be given that the advice contained in this program, other programs, our email newsletter and our website will always include the most recent findings or developments with respect to the particular material.

If you are in the United States and think you are having a medical or health emergency, call your health care professional or 911 immediately.

Brooke J. Griffin and Skinny Mom reserves the right to update or change information contained in this program, other programs, our email newsletter, and our website at any time. Brooke J. Griffin and Skinny Mom are not responsible for information appearing at hyperlinks.

Exercise is not without its risks and this or any other exercise program many result in injury. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional. You should rely on your own review, inquiry and assessment as to the accuracy of any information made available within this program or via this web site.

You agree to defend, indemnify and hold harmless Brooke J. Griffin, Skinny Mom, other affiliated companies and their employees, contractors, officers and directors from all liabilities, claims, and expenses, including attorney's fees, that arise from your use or misuse of your exercise and nutrition programs or other information made available on the web site.

We advise you to take this program information to your doctor to gain a medical clearance before beginning your program. This program is not suitable if you suffer from high blood pressure.